

SPORTS ILLUSTRATED

AUGUST 6, 1957

a Time Inc. weekly publication

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A NATIONWIDE REPORT ON
PHYSICAL FITNESS

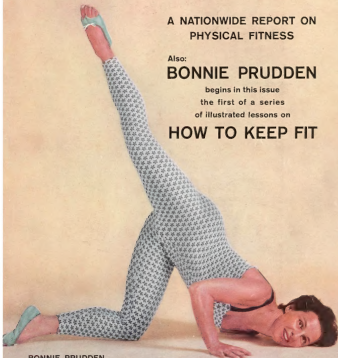
Also:

BONNIE PRUDDEN

begins in this issue

the first of a series
of illustrated lessons on

HOW TO KEEP FIT



BONNIE PRUDDEN



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AUGUST 5, 1967
Volume 7, Number 6

Advertisements on page 7

COVER: BONNIE PATTERSON
Photograph by Richard Mink

A refreshing summer phenomenon was the emergence of 13-year-old Bonnie Patterson as a television star on the NBC Home show, On TV she won thousands to her marionette program, and with this issue she begins a series on how to keep fit (see pages 55-57) that will attract many more.

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PATTERSON VS. JACKSON

A ringside report on the heavyweight championship fight. By MARTIN KLANE

WONDEROUS WILLIE

RICHARD MINK explores IN COLOR the bone-rattling skill of WILLIE MAYN

THAT PENNANT

Fine players, mightily loathed themselves, discuss the National League race

U.S. FITNESS, 1967: A 24-PAGE REPORT

A survey of fitness programs—and problems. By DONOROTH SPILL

Reports from the 48 states by SPORTS ILLUSTRATED correspondents

BONNIE PATTERSON begins a unique series on fitness for the family

The shinglet SPONTING LOOKS in exercise clothes

Look, and I'm flying: fitness in Michigan IN COLOR

LONG RUN TO HONOLULU

EDNA BOWEN's seasonal diary of the 2,500-mile race to Diamond Head

1-1-1-1-1-1-1 AT LARCHMONT

Tommy Maxwell and his sister Cathie win seven in a row

THE PGA COMES BACK

An old feud is exhibiting renewed vigor. By HERBERT WARREN WOOD

SWOON'S SON

A teenage star in Chicago, home of comfort. By WHITNEY TOWER

A MUSEUM FOR A QUEEN

The National turf collection, at Saratoga, photographed IN COLOR

CASE HISTORY OF A BASEBALL PLAYER

A "psychologist" interprets the National Game. By HOWARD L. KATZENDER

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If she is and you want to do her a favor, tell her about Titleist.

Tell her how it can improve her game. Tell her about its marvelous click and feel; its perfect uniformity.

And you might mention distance, too. She needs distance as much as you do.

But you'd better suggest that she ask your pro which Titleist is best for her particular game. He knows what's best for her.

And while you're at it, tell her to ask him about Acushnet pattern, glove and head cover.

ACUSHNET GOLF BALLS

Sold the World Over Through
Golf Course Pro Shops Only

NEXT WEEK

SPEED IN SEATTLE

A Scouting Report on the renewal of the hydroplane competition, with an exclusive analysis of the prospects by Old Pro Lee Faguel

PLUS: THE SAGA OF 'MR. WRISTS,' POWER. HOUSE OF THE NATIONAL LEAGUE. BY ROY TERRELL





WORLD'S FASTEST RACE WON ON

The International "500" at Monza, Italy, became the world's safest race, too—on Firestones. It provides new proof of the safety and performance you enjoy when you put Firestone Tires on your car.

On June 29, Jimmy Bryan became the winner of the first International "500" when he streaked around the last lap at Monza with a 500-mile

average speed of 140.057 mph. The best driver in the world, plus every make of tire and car, were eligible to compete. Yet American drivers finished first, second, and third, rolling on Firestone Tires.

The International "500" is the world's fastest race, and one look at the track will tell you why. The curves are so steeply banked that drivers can take them at much faster speeds, maintaining consistently higher averages. The straight-aways are long and rough. And even

though they're concrete-paved, at 100 mph they slapped tires and cars with a force that shattered shock absorbers, shook gas tanks loose, even snapped frames.

You couldn't have set up a race that's tougher on tires than Monza. So it's only natural that all the American drivers in the race chose Firestone Tires. For they have learned from experience that Firestone knows more than any other American tire maker about building strength and safety into tires. These



The same experts who built race-winning stamens into the tires that made Monza famous for safety as well as for speed, build the same safety into a "family car" tire for you...

New Firestone Nylon "500"

**WITH NUCLEAR-CONTROLLED
NYLON CORD BODY**

Before you decide to buy any new tires, there are a few things you ought to know about the new Firestone Nylon "500."

First, you ought to find out how tough it is—how it's been made nylon-tough to withstand the pounding of the city's deepest chukholes and the country's roughest roads.

You should remember that Firestone engineers borrowed from their own speedway tire specifications to develop a center running rubber compound for this tire, to give you a new kind of protection against the incredible heat that sustained superhighway driving builds up inside a tire.

In short, you ought to get all the facts about the new Firestone Nylon "500" tires—how little they cost, how wonderfully safe they are. And you can get the story about the tires and the many terms that go with them from your Firestone Dealer or Store. Or order them on your new car from your car dealer.

FIRESTONE TIRES!

Top professionals know these facts because they spend their lives where Firestone does its testing and reigns supreme—on the oval laboratories of racing.

The fact that Firestone has now gained an international reputation for safety should make one important fact crystal clear to every automobile driver in America: *Only Firestone Tires give you the safety and built-in peace of mind that comes from years of grueling speedway experience.*

Firestone
BETTER RUBBER FROM START TO FINISH

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MEMO

from the publisher

I suppose everybody believes in physical fitness. And, clearly, many people are doing something about it. But few are doing the same thing—for there is considerable disagreement as to what physical fitness actually is.

To bring the subject up to date and untangle some of the confusion around it, *SPORTS ILLUSTRATED* in this issue presents the findings from its nationwide survey of activity and, in some cases, lack of it, on behalf of physical fitness during the past two years. These are the provisions President Eisenhower, alarmed by the results of the Kraus-Prudden study on fitness in our children (SI, Aug. 15, 1955), spotlighted the problem by means of a White House luncheon. One year ago an Executive Order established the President's Council on Youth Fitness; one month ago 119 members were named to the President's Citizens Advisory Committee.

The steps are logical ones aimed at the solution of what is admittedly a vast and complex problem; but their pace has been slow, marked by intermissions which at times suggested that the whole thing was about to be filed in a time capsule.

Ultimate solution must take the form of community and individual action. The series of weekly illustrated physical fitness lessons developed by Bonnie Prudden, which begins this week in *SPORTS ILLUSTRATED*, represents action which individuals may start taking at once.

At the National Convention of the U.S. Junior Chamber of Commerce in Milwaukee last June, our assistant publisher, Richard Neale, proposed a competition in which the Jaycees could join with *SPORTS ILLUSTRATED* to create the kind of program which eventually can serve, on a national scale, as a model for community action. (Shown here: Vice-President Nixon congratulating Neale on his proposal.) As a result, as part of nationally designated Youth Fitness Week, from Aug. 5 through Aug. 10, individual Jaycee chapters all over the country, working with local health, sport and education officials, will put into effect their own specially drafted programs of youth fitness activities.

Later this month, a board of judges consisting of Charles E. Shover, National Jaycee President; *SPORTS ILLUSTRATED*'s Managing Editor Sidney L. James; Dr. Shane MacCarthy, Executive Director of the President's Council; Bonnie Prudden; and sports notables Bobby Jones, Phil Rizzuto, Otto Graham, Gene Tunney, Jesse Owens and Maureen Connolly will name the four winning Jaycee chapters.



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 Circulation: Earl Burton
 Representatives: Chicago, Los Angeles, Detroit, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000.

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Sure fast acceleration to lift you out of danger; positive, firm braking with disc brakes* to bring you to a safe even stop every time regardless of road conditions.

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BRAKES: Disc brakes on front wheels*
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ENGINE: 4 cyl. (OHV) 1991 cc
OUTPUT: 100 BHP
ACCELERATION: 0-30 in 8 sec.

MAINTENANCE:
Parts and service available coast to coast!
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*A Triumph-plus... an standard equipment.



Figure 1



Ted Allen, slinky (5 feet 5 inches), Boulder, Colo., baseball pitcher, gained his eighth world championship at Maruy, Utah by dropping two fingers for 51-40 playoff victory. Allen, who started losing steam at 7, won his first title at 1925 Chicago World's Fair.

100% 90% 80% 70% 60% 50% 40% 30% 20% 10% 0%

CAPT. KENNETH D. CHANDLER, Hampton, Va.
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[illegible]

TABLE 1

PROTEIN 11, found by Hans Markand (Detroit College of Medicine), told, was found to have a relationship with 11.11.11 accident case.

1000 1000 1000 1000 1000

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Small Business

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ROBERT BLOOM, Harvard, 1983; *Modern British Literature*

1. **Author(s):** [Name]
 2. **Title:** [Title]
 3. **Journal:** [Journal]
 4. **Volume:** [Volume]
 5. **Issue:** [Issue]
 6. **Page(s):** [Page(s)]

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ROBERT W. GUTHRIE, Managing, 10-Mileman Capital
Rising star in R&D.

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

WORLD FAIRY, Paris, 5; Los Angeles, four female friends, 5-6, 6-6, 6-6, 6-6, four international champions, 6-6.
WOLF, STEPHEN, Detroit, four Chris Crowder, 7-6, 6-1, 3-6, 6-1, 7-5, Western junior champion, Ohio, Cincinnati, OH.



BILLIONS under program are costing Detroit Stars Disc Trust (left), Midway Cockness (right) and even at New York. They raised

DOWN FOR THE COUNT REBORN: The Tigers have not been a bigger disappointment than they are this season to Pitcher Jim Manning. Not expected to do much with Hack, Lary and Fortsch, anyway, Jim was the A-Best Star Game's winning pitcher. Last week he threw a brilliant four-hitter against the Yankees for his 12th win of the season.

TEAM PERFORMANCE

[illegible][illegible][illegible]

HEROES AND GOATS

THE FOLLOWING OFFICE LOCATIONS: 10/27

[illegible]

0000-0001-9330-4000

AMERICAN LEAGUE	Runs Scored	Home Runs	Total Runs Produced
Seattle, W. (1990)	89	44	133
San Diego, P. (1990)	87	41	128
Los Angeles, P. (1990)	56	49	105
San Francisco, P. (1990)	54	51	105
Washington, N. (1990)	44	13	57
San Jose, P. (1990)	39	52	91
NATIONAL LEAGUE			
Atlanta, N. (1990)	79	59	138
St. Louis, N. (1990)	67	53	120
Los Angeles, N. (1990)	66	41	107
San Francisco, N. (1990)	59	35	94
Philadelphia, N. (1990)	57	39	96
San Diego, N. (1990)	50	45	95

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	AMERICAN LEAGUE	NATIONAL LEAGUE
Batting	Edgar, NY 100	Marx, LA 100
Home runs	Marx, Cal 32	Edgar, Phil 13
RBIs	Marx, Cal 30	Edgar, Phil 16
Stolen bases	Smith, Wash 1-7	Edgar, Phil 1-6

TUESDAY, AUGUST 6

Auto Racing

NASCAR Convertible Division Race, Martinsville, Va.

Horse Racing

The Mahanock Handicap, \$25,000, 1-year-olds, 8 ap (PM) 4 miles, 1 1/4 m., Saratoga Park, N.Y.

Boxing

Robert Frazier vs. Earl, \$30,000, Casino Springs, Colo. (through Aug. 10)
 Monte Irwinling (late race, \$3,000), Great Falls, Mont. (through Aug. 10)

WEDNESDAY, AUGUST 7

Baseball

New York Yankees vs. Washington Senators, New York, 7:15 p.m. (NBC)

Boxing

Charles Joseph vs. Spider Webb, welterweights, 10 vs. 10, Chicago, 10 p.m. (ABC)

Horse Racing

4th, 7th, 10th, Saratoga, \$20,000, 3-year-olds (afternoon), 1 Washington Park, Md.
 The Stalling, \$30,000, 3-year-olds, 6 f., Monticello Park, Va.
 The Schuylkill, \$11,000, 2-year-olds (evening), 1 m., Saratoga Springs, N.Y.
 (7 entries)
 Eugene Dale Testing Center, \$20,000, Yearling, 8 f.

THURSDAY, AUGUST 8

Baseball

New York Yankees vs. Washington Senators, New York, 7:15 p.m. (NBC)

Boxing

Tex Stryker vs. George Fene, featherweights, 10 vs. 10, Chicago

Golf

Tom O'Shaughnessy World Championship, Silver, Md. (through Aug. 11)

Horse Racing

(1 entry)
 Eugene Dale Testing Center, \$20,000, Yearling, 8 f.
 The Goldenshoe Farm Derby, \$21,000, Silver, Md.

FRIDAY, AUGUST 9

Auto Racing

NASCAR Grand National Division Race, Rockingham, N.C.

Baseball

Chicago White Sox vs. Detroit Tigers, Chicago, 7:15 p.m. (NBC)

Boxing

Sammy Davis (late race, \$50,000), Los Angeles (through Aug. 10)

Boxing

Spider Webb vs. Young Adams, welterweights, 10 vs. 10, Las Vegas, 8 p.m. (ABC)

Baseball

Chicago 90-Giants vs. New York Giants, Chicago, 7:30 p.m. (ABC)

Golf

La Jolla Country Club Invitational Tournament, La Jolla, Calif. (through Aug. 10)

Horse Racing

(1 entry)
 Henry House Farm, \$20,000, Springfield, Ill. (through Aug. 10)
 The Goldenshoe Farm, \$21,000, Washington, Md.

SATURDAY, AUGUST 10

Auto Racing

NASCAR Grand National Division Race, New Oxford, Pa.

Baseball

Pittsburgh Pirates vs. Houston Outlaws, Pittsburgh, 7:15 p.m. (ABC)

Chicago White Sox vs. Detroit Tigers, Chicago, 7:15 p.m. (ABC)

Boxing

Carl (late race, \$50,000), Springfield, Ill. (through Aug. 10)
 Eugene Dale, 10

Horse Racing

La Jolla Handicap, \$20,000, 3-year-olds, 1 m., San Diego, Calif.

Washington Handicap, \$20,000, 3-year-olds, 8 ap, 8 f., Washington Park, Md.

La Jolla Handicap, \$20,000, 3-year-olds, 8 ap, 8 f., Washington Park, Md.

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La Jolla Handicap, \$20,000, 3-year-olds, 8 ap, 8 f., Washington Park, Md.

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SYMBOL OF EXCELLENCE

BEYOND

*Floyd Patterson mercilessly thrashed the hapless Hurricane,
but the champ's incredible foe would not stay down and out*

by MARTIN KANE

IT WAS A most unsatisfactory ending for a championship fight. The pride of two gallant fighters was hurt. Both Champion Floyd Patterson and Challenger Tommy (Hurricane) Jackson felt cheated.

But Referee Ruby Goldstein had given quite enough of a hapless Jackson absorbing, in round after round, punches that no man should be asked to endure. For all Jackson's vaunted stamina, and it is almost beyond belief, the cumulative effect of the head beating he suffered must, in the end, be of lasting damage.

So, last Monday night, in the 10th round of their second fight, after Jackson had been knocked down three times in the previous nine, after he had bravely returned, round after round, for further cruel punishment, Referee Goldstein stepped between Jackson and Patterson and stopped the fight. The Polo Grounds crowd was stunned.

Floyd Patterson is still champion, though not the happyist who ever held the crown. It was obvious in the very first round that he wanted, more than anything, the satisfaction of a clean knockout, to prove the deadly quality of his fists and to silence critics who have held that he has defeated no one of stature. And that, indeed, a true champion should surely knock out a Jackson.

But Jackson, in his own peculiar way, is a foe worthy of a champion. His resilience is astonishing. From the first round on it was obvious that he had no chance. The bell saved him from a count in that round. He was down again in the second, and up at the count of two. He sagged to the canvas again in the ninth, and this time took a count of four. Each time he bounced back, almost gaily at times.

But on no official card did he win a single round. His cockless fate, paying the air in awkward postures, did more harm to judges swarming under the lights than to Patterson, who suffered not a single clean, hard blow.

Patterson was clearly puzzled by a problem he had been unable to solve in their first fight. He wanted to weaken Jackson with body blows, to which he is vulnerable, and thus overcome the Hurricane's ability to take head blows all night. But Jackson fooled him again. He protected his body with his long, flailing arms and a curious, forward-leaning stance. Then he forced Patterson once more to go to the head, and that is where Tommy Jackson is invulnerable. Blood poured from his nose, his left eye was half closed, his

jaw was rocked, especially with rights, and still he came on, crowding Patterson to deprive the champion of punching room. At the end of the ninth round Patterson looked to the heavens in wonderment. Neither he nor anyone in the crowd of 18,101, who came to New York's first independently promoted championship fight in many a year, could understand what permitted Jackson to remain conscious.

In the end, with Patterson swearing over him, Jackson was still on his feet. It seemed that he must go down again, though he was giving no signs of being distressed when Referee Goldstein stopped it.

No fighter in the heavyweight ranks today could have survived as long as Jackson under the terrible barrage Patterson laid down. The forecast now must be for a long string of knockouts in Patterson's future appearances. His next will, of course, be on August 22 at Seattle, where he meets the incident and ugliest amateur, Pete Rademacher. Rademacher would do well to practice ducking.

The fight, held under the threat of rain which did not come, was a moral victory for Eastern Parkway Fights (Emir Lence, president), though it was not one to make them richer. Not since 1949 had any promoter other than the IBC (James D. Norris, president) dared to put on a heavyweight championship.

"We have established a beachhead," Lence said after the fight. "We are here to stay."

The fight served also to restore to boxing the dash oratory of Harry Hahogh, author of the deathless "May the better participant emerge victorious." On this night Hahogh topped himself. Introducing the fighters, he prayed that "the arm of the outstanding adversary will be raised in token of victory."

Cas D'Amato, Patterson's manager, expressed full satisfaction with Patterson's performance, though he seemed puzzled when Goldstein stopped the fight. So did Patterson. Both wanted a clear KO.

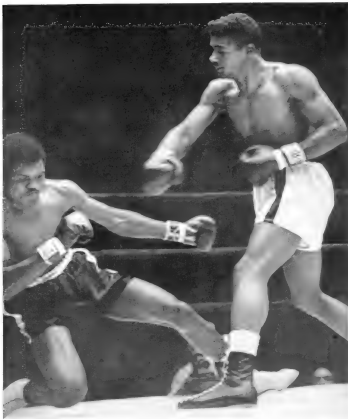
"He was extraordinary," D'Amato said of Jackson. "No one could take the punches he took."

That about summed it up. Next day Tommy Jackson was in a hospital for a urinary condition. (SBB)

PHOTOGRAPH BY JOHN C. THOMPSON

DOWNED In first round by Patterson's vicious right, Hurricane Jackson later amazed the crowd by continuing to stay conscious.

ENDURANCE



SPECTACLE

PHOTOGRAPHED BY RICHARD MERR

WONDROUS WILLIE

A BLUR ON THE BASE PATHS, Willie Mays stole 49 bases last year. This season, just past the halfway point, he has already stolen 27. Here, for the fans who love to watch him, is how it's done.

"WHEN I'M GOING to steal, I never watch a pitcher's feet because they can fake you. I watch the way he moves his head and I always watch the ball. Left-handers are the toughest, especially the quick ones like Spahn and Maddix. But then there's one advantage; with a left-hander, you can watch his eyes."

"YOU'VE GOT TO STEAL on the pitcher. Sure, it helps if the catcher can't throw too well, but up here you don't find many of that kind."

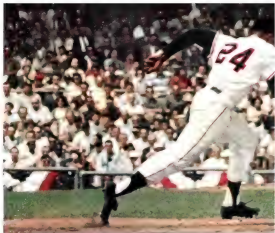
"WHEN THE PITCHER is worried about you stealing, it helps the man at the plate, too, because the pitcher has to throw a fast ball. If he ever threw a curve or a change . . . well, I sure would like that."

"I'VE ONLY STOLEN home once this year. That's pretty hard to do. I think it's easier to steal third than second; they can't hold you on as close because the batter might hit one through that big hole at short."

"I DON'T SLIDE head first except when I think it's the only way I can make it. I only use the hook—the fadeaway—when the throw comes in high. Mostly I just try to get to the base as fast as I can and decide when I get there how I'm going to slide."

DESIRE *to stretch single sends Willie
swinging wide as he studies
chances of beating throws to second*







DARING

*seen in
National League since days of Max
Carey, Frisch and Kiki Cuyler, plus
extraordinary reflexes, give Willie
a big jump even on left-handed
pitchers like Curt Simmons, who
normally have advantage over
runner on first. Willie's mounting
speed sends him cascading into
second on his stomach as Graup Hamner
loses the ball in a cloud of dust*





DRIVE

*of a sprinter propels Willie, feet off ground and
cap far behind, flying around third on way to home-ruuling score.*



Five Men, One Thought— THAT PENNANT

JACK SANFORD, PHILIES

*A few base hits . . . but
what we mostly need is*

LUCK



Jack Sanford beat Milwaukee last week 3-1, allowing just five hits. "It was just a lucky night. I was in trouble in the eighth inning when the Braves got two men on with one out, and had Matthews and Aaron coming up. I got both of them on fast balls. Matthews hit one nine miles straight up and Aaron grounded out.

"We need a lot of luck and a few base hits to win the pennant. I think the club that gets hot in September will win it."

LARRY J. BOWEN, CARDPS

*Our chances are as good or
better than anyone's . . .*

I LIKE US



Larry Bowen blanked the Dodgers last week 3-0, on three hits. "I like to beat Brooklyn. Essentially they're a good fast-ball-hitting team, and I'm a sinker-ball pitcher. They're just my kind of club if I'm right. The big thing is to stay ahead of them, make them hit your pitch.

"Our chances of winning the pennant are as good or better than anyone's, because of our pitching. Some say it won't hold up, but I think they're wrong."

CHARLIE NEAL, PHOENIX

*I think we'll win . . .
taking Reese's place is*

AN HONOR



Charlie Neal has replaced the aging Pee Wee Reese as Brooklyn's shortstop. "I feel that taking Reese's place is quite an honor. I just hope I can do half as good as he did. And he told me he wouldn't ever want to play as long as I was going as good as I am now. Isn't that swell?

"I think we're going to win the pennant. It looks like all of us are going right down to the wire. But our pitching's O.K. and our hitting's O.K. We'll win."

GEORGE CROWT, REDSKINS

*When we get down to the
wire, we're the ones to*

GET HOT



George Crowt has been hitting hard all year as a fill-in for Ted Kluszewski. "I feel fine playing out there, but I didn't take the job away from Klu. He's injured, you know. But I always thought I was a pretty good player and that if I got the chance to get out there and play I'd do pretty good.

"We're within striking distance of first place and we won't give up. When we get down to the wire, whoever's hot will win it. I think it will be us."

RED SCHMIDENHEIT, MILWAUKEE

*I just keep swinging . . .
the main thing is, we're*

IN FRONT



Red Schoendienst stretched his hitting streak to 23 consecutive games last week. "I'm just hoping I can keep it up. I might go all the way, then again, I may not get another hit all season. I just keep swinging, just trying to get those base hits, just trying to win ball games.

"We've had quite a few boys hurt, and that hurts our club, but I think we've got a good chance to win the pennant. We're in front right now, and that's enough."

EVENTS & DISCOVERIES

EUROPE IS MUSTERS, TOO • PRO FOOTBALL SCORES A BIG
POINT • WHEN LIGHTNING STARTS FORKING DOWN • SOME
ADVICE TO OCEAN TRACKERS • HEAVYWEIGHT'S GHOST

MIDSUMMER 1957

IT'S glowering little Portofino, on the Italian Riviera, 800 peripatetic Americans are temporarily bivouached in a town of 4,000. And so it goes, from the North Cape of Norway to the lakes of Greece. Americans are not only packing the highways, waterways and fairways of their own land but spilling abroad to take part with Europeans in one of the greatest sport and vacation seasons in history.

The old side-wheel steamers chugging up and down the Rhine were crowded last week as never before, and at thunder-chuck palaces the sport race were jammed on the Aischaher while awaiting customs and border police stamped passports well into the night. So many skin divers went in the water that a French lawyer seriously advised them to wear their fishing licenses pinned to their suits under the surface to avoid possible trouble with the law. So many tennis balls were being flamed in England that the result might have been foreseen: in Worcestershire during a match, one Eric Marsh served the ball and executed a sparrow flying past.

Records fell. While Sergeant John Williamson of the Royal Air Force set a new British gliding record last week with a climb to 29,700 feet, down on the ground Alec Russell, a jockey at the Boggide Racecourse, brought home all six of the day's six winners, a feat last performed in England by Sir Gordon Richards in 1933. Meanwhile, Lester Piggott, this year's startlingly successful jockey, made news of a different order: he entered the annual donkey derby at East Hants, Berkshire, started well and was running second when his donkey tossed him over its head.

The first swimmer to try to swim the Channel splashed bravely out of Calais bound for Dover. In Barcelona, Mata-

dor Antonio Bianvenido poised his sword over the bull's shoulder blades, brought down the blade in the classic arc and stabbed himself in the left foot.

It cannot be said that this summer's spectacle of a stable portion of mankind earnestly pursuing happiness by way of sport provoked profound thought. No sociologists or philosophers found it in any wise reassuring or disquieting. All baseball writers noted there had rarely been a National League race like this one; all fishing editors commented on the number of boats setting out for porgies and bluefish off the New Jersey coast; all travel writers recognized the difficulty of finding hotel accommodations in Italy—or matches with vacationers on American temples. The closest approach to solemn reflection came from France. There some scandal was caused by the disclosure that only 30% of the latest batch of conscripts to the army knew

the name of the premier, but that 97% knew the name of the winning cyclist in the Tour de France. Is sport more important than politics? gloomily asked the weekly *Demain*. Are values not distorted in a world where youth cares passionately about a bicycle race and cares nothing about officials who might have to make decisions about war or peace?

On the contrary, replied the sports daily *L'Espoir*, the conscripts' answers were correct. "The art of governing has become more simply the art of deceiving. It is therefore quite natural that youth seeks a tangible truth and hopes of its own stature. Sport is an evaluation of youth, of its own radiant strength. . . . Is it so surprising that youth turns toward realities which are more pure, and reserves its enthusiasm for the only things which, to its eyes, remain worthy of enthusiasm?"

Well, each land to its own politics.

CURRENT WEEK AND WHAT'S AHEAD

• Yellow for Caution

Don Campbell, the British speedboat king, set the week of Aug. 15-22 as the time for his attempt to drive the jet-powered *Mistral II* at 250 mph over Lake Canadagua—but not until Campbell, started by the discovery that 1,800 other power boats are on Canadagua this summer, arranged to have his speed course blocked off with 10 miles of yellow plastic tubing.

• Orange for a Free Hand

Miami's Orange Bowl committee, taking a broad hint from the TV networks, scrapped their exclusive New Year's bowl arrangements with the Atlantic Coast Conference. Object: a free hand in picking top attractions.

• On to Sofia for Avery

The State Department lifted its ban on travel to Bulgaria for Avery Brundage so he can attend September meetings of the International Olympic Committee. One motion to be urged by the Dutch and others is abandonment of team sports (an inconsistent with ancient traditions) at the 1960 games in Rome.

• Unlure to Toronto

Complaints of Australian bird lovers to Australian airline operators: 17 sea gulls, 31 crested shags, nine tufted titmice and five migratory herons gone have been killed by aircraft in the past year, whereas there was not a single reported case of a bird downing an aircraft.

On this side of the water, though, the intense interest in, say, Philadelphia over the fate of the Phillies does not necessarily mean the fans think all politics corrupt and all sport pure. The motive that has set millions fishing, sailing, camping, hiking, playing games (or watching experts play them) is probably a good deal simpler. Sport has the happy faculty of being intensely serious without being serious at all, intensely serious about the immediate business at hand, yet with a full realization that, so far as the great issues of human destiny are concerned, the outcome does not matter in the slightest. Sport flourishes when people can set those issues aside for the time being and devote the same purposeful attention they require to inconsequential ends—and sport in the summer of 1957 is flourishing so rarely in anybody's history.

FAMILY MAN

IT isn't as dear to a congressman's heart as a small, family-owned business. Bert Bell, who runs the store for the National Football League, found that out last week when he testified before the house committee investigating allegedly practices in sports.

It is only in the last 10 years that the pro football business has grown beyond its rough-and-tumble beginnings. Most of the founders are still around to see that the store's recent prosperity won't be blighted by meddling outsiders. Bell, who learned the trade from these paternalists, pointed out that their profits are surprisingly small and that their shop is "a small operation." Last year 10 of the 12 teams made a profit which averaged about \$48,000.

That these men would ever make use of their enterprise's admittedly unique business methods to cheat customers or employees was patently absurd to Bell. "If you are unreasonable in any way . . . the press and everyone will know about it, and you can't be unreasonable. . . . I know football men, and I know their word, and I know the oldsters are in there for the best interests of the players." Bell feels the same way himself. "I feel I owe a greater loyalty to the players than I do the club owners, because they are younger and do not know the different angles. They are part of our family, and nobody so far as I am concerned is ever going to do anything harmful to them."

The congressmen were concerned



MIDDLE-AGED TENNIS

I'm growing older,
I admit,
I play a set
And then I quit.

— RICHARD ARMSTRONG

with the effect of the draft and the reserve clause on the players' economic status. Bell pointed out that the reserve clause is different from baseball's. After two years with an NFL team, a player can declare himself a free agent and make his own deal. The draft, according to Bell and the players who followed him to the witness table, is, in the long run, beneficial to players. It serves to equalize rich and poor clubs, making for better races and, therefore, bigger games and higher player salaries (they have risen 300% in the last 11 years).

Bell summed up the league's attitude toward consumers when he discussed closed-circuit television. "I am definitely against it," he said. "I believe the kids of this country are entitled to see sports. How are they going to pay for closed circuit? When money becomes the predominant figure in professional football . . . then we are no longer what we claim, a sport."

So spoke Bert Bell, who runs the little football store on the corner. And, after listening to the profit-hungry statements of the gentlemen who run the baseball chain store across the street, Committee Chairman Emanuel Celler found his "a refreshing statement to hear."

GOLF AND LIGHTNING

PAUL EDELHARDT, manager of Cucumber Farm's racing stable, was on the eighth green at the Lexington Country Club a few Saturdays ago when a thunderstorm broke. He and his three companions finished the hole amidst lightning flashes and then took thought for their safety. One of the fellows, Arthur Hudgins, sprinted for the shelter of an old concession

stand. Edelhardt and Arthur McEwen, a law professor at the University of Louisville, hopped into their caddy cart while Frank Quinn, an insurance man, jumped on back, and the vehicle scooted over the drenched fairway. About 150 yards from the clubhouse, a bolt struck them. McEwen was thrown out of the cart, killed instantly. Quinn was knocked to the ground, dazed but unharmed. The cart ran silently another hundred yards, carrying Edelhardt's unconscious figure.

Quinn got to the clubhouse, called for help, and two golf-playing physicians administered artificial respiration. Last week, 32 days after he was struck by lightning, Edelhardt was released from the hospital.

The prominence of the victims made the accident front-page news. It incidentally contributed to the general impression that golf courses are particularly hazardous places in electrical storms. They are, but so is any open ground. Five handy rules when lightning is lurking down:

FAIRMANS. First law ground—and you're safer lying down than standing up.

TREES. Keep away from isolated trees, but a grove or wood usually offers safety, provided you stay away from a tree that is taller than the rest.

CLUBS. Deep them.

CADDIE CARTS. Get out, unless your cart happens to have an enclosing steel top like that of a passenger car. (In general, an auto with a steel top offers very good protection and is in effect one type of what physicians call a Faraday cage. There is no electrical field inside the car.)

LANY CHANCE. Some witnesses report that an exposed man will sometimes feel his hair beginning to stand on end. This is nature's tip that he is within an actively charged electrical field and that a bolt is searching for him. If your hair rises, don't run for shelter; hit the dirt.

REMEMBER THE BREED

HORSE RACING is probably the most becoming of major sports just now, so it is not surprising that the concept of the dream track seems to be on everyone's lips as a topic.

Rosevelt Raceway, the new trotting paradise on Long Island, is opening its pastel portals and reports are enthusiastic on the score of shimmering comforts for patrons. Aqueduct, the first and authentic dream track for New York Thoroughbreds, is abounding; advance publicity indicates continued



*"If you're brought in just once more, I'm going to sentence you to
three days at Griffith Station."*

EVENTS & DISCOVERIES

continued

it will have more seats for humans, and more square inches per human seat, than anywhere.

Even staid old Belmont has been getting into the act. You recall the publicity given to its face lifting last spring; on closer examination, the renovation seemed to amount largely to the installation of escalators. Nowadays, a trick standstall or falls can do the unwary horseplayer on its escalators. The last time we looked, Arlington Park was leading the nation with 16 escalators; the other half of the Chicago entry, Washington Park, was second, at a respectable distance, with Belmont a last-closing third.

Last week Belmont came through with an even more startling facility. Temporarily ignoring the Widener Course, the famous old $\frac{1}{2}$ -mile straightaway which cuts diagonally—and inconveniently, from the point of view of calling a race—across the infield, the Belmont management put its 2-year-olds on a new five-furlong course. The horses started just before the far turn at the end of the backstretch, and ended just before the sixteenth pole, in front of the grandstand seats (81,843) instead of the clubhouse seats (54,835).

Via the public-address system, spectators were invited to send the Greater New York Association their reactions to the innovation. This is a rather curious procedure, suggestive of holding a national plebiscite to determine whether apple pie is in mode is more popular than apple pie. We would assume that the stands would outvote the clubhouse on anything.

The alarming thing in all this is not the growth of facilities themselves. This magazine has too often protested the manner in which the sports fan is abused to think of opposing this particular trend, in horse racing or any other sport. But what we do deplore is the absence of evidence that much thought is being given to the quality of racing itself, or to the maintenance of some of its traditions. It may be argued that the horseplayer does not give a fig for tradition—we believe that the thoughtful fan does.

The purpose of the Widener straightaway is to give 2-year-old racing experience before they graduate to the turns at Saratoga or later. Its width, 140 feet allows green youngsters to wobble, as they mostly do at the beginning of their careers, without endangering themselves or others. The main stretch through which they were

running last week is only 140 feet wide. The charts show that the first four races under the new regime brought 37 horses to the post; 11 of them got into trouble by bumping into each other, bumping into the rail or drifting wide on the turns.

In addition, the shortened stretch puts a premium on the speed horse, at the expense of the 2-year-old who is developing stamina. This is another deplorable nationwide trend. It is now exceptional to find one mile-and-a-half race on a day's card. These are referred to as "marathon" races, and are not supposed to be popular. Yet the $1\frac{1}{2}$ mile is the classical distance for a horse. We are forgetting that a great race horse is supposed to combine stamina with speed and heart. Breeding for speed alone is a form of inbreeding. Its only result will be further to shorten the distance of races and the limits of race horses—we look gleefully to the day when there will be \$200,000 purses for 50-yard dashes.

We applaud the desire to increase the comfort of the racing fan. It is possible, also, that there are areas in which racing could be helped by democratization. But it is not to be supposed that the improvement of the breed or of the sport can be left to the votes of horse players. Most of them have enough on their minds already.

BOXER'S VALEDICTORY

WHEN your younger men were getting ready to settle the championship of the world he once aspired to, Bob Baker, a 30-year-old heavy weight with 39 fights in nine years of boxing, lay across a row of folding chairs in a Chicago Stadium dressing room, a bloody towel about his head, and slowly admitted he did not have it any longer. A few minutes before, Baker had been defeated by Eddie Machen, who is 23.

"I'm through," he said. "Shouldn't I be? Tell me honestly now."

"Yes, Bob," a listener told him. "You ought to quit."

"I know when I'm through," Baker said, looking at the ceiling.

"It's when your will is gone. I can tell you when I lost my will. It was the night I beat Hurricane Jackson in the ball park in my home town of Pittsburgh and they gave him the decision."

"I got in that ring tonight and I thought, 'Well, here's another one, and if you win it maybe you get another couple of fights and if you don't maybe you're through.' That kid beat me tonight because he wanted to win more than I did and I didn't have the

reflexes to stop him. I'm disgusted with myself, my manager's disgusted with me and I'm just sorry."

"A guy ought to quit when he can see the punches coming and can't do anything about them. Five or six years ago this kid wouldn't have done this to me; slap in with a couple of feints and jab me on the nose or in the mouth. And do it all the time, and I'd see him doing it and couldn't stop it."

"That kid tonight, I don't know but I don't think he was trying to knock me out. And I'm glad. It'd be an awful thing for a fighter to end up with somebody standing over him counting 10."

"I had good paydays. I went down there to Texas to fight that kid, Roy Harris, that's his name. No colored man is going to beat a white boy in Texas. I knew I was going to lose but they paid me \$8,000 or \$9,000. Harris is no fighter. I gave him a couple of feints and hit him and he went down and they started counting. I looked over and I saw his father and he was looking at me. And he was thinking, 'You knocked my son down,' and he wasn't looking for me to win the fight. But I heard the crowd and they're counting on this boy. And I said, 'Kid, please get up.' I knew there wasn't going to be no colored fighter beat a white boy down there in Texas. I love my wife and I love my kid and most of all I love me. And I told that kid to get up, and I'm thankful that he did. And after that I was careful not to hit him. So he won."

"There's nothing wrong with the fight game," Baker went on, leaning an ice pack on his forehead, on his blackened right eye, on his nose which bled from the sixth round on. "It's been good to me. I got no complaints. I just live and let other people live. I got my good paydays. You can just look at me and see I haven't missed any meals. I'm not broke, and I'm not a fighter."

THIS WAY, DICKENSES

PAT TROTTER, a draftsman for the Montana Highway Department, hauled a 14-pound 2½-ounce brown trout out of Canyon River Reservoir early in the morning of a fish derby there. At the day's end, other competitors were ready to concede him the \$500 first prize. "No," Trotter apologized, "I caught it before the 9:30 starting time." So the \$500 went to a fellow with a three-pound four-ounce rainbow, leaving Trotter simply Montana State Champion of the Unvarnished Fishing Part.



"THE COLTS... A SUMMER YOUTH LEAGUE TEAM SPONSORED BY HORSE'S WINNINGS, INSPECT THEIR BENEFACTOR, FUTURE GOLD SPOON

WONDERFUL WORLD
OF SPORT

ONE-HORSE



CHECKING: (l-r) Tony Marz, assistant trainer; (c) Torgue, Bill Hoffman and Mario Marz, and up-and-coming, Marz, a graduate, 1944 Gold Spoon winner and trainer.

SHOWING: (l-r) Tony Marz, (c) the "Gold Spoon" winner, Marz, whose Fountain Ranch is a private training, Marz, whose Fountain Ranch is a private training, Marz, whose Fountain Ranch is a private training.



EARNINGS WILL AID OTHER TOWN SPORTS

TOWN

Summer, Wash., a little town in the heart of Washington's "hotball country," is wild over a olive-minded horse named Cold Steel. Winner of four races in six starts, Cold Steel's earnings go to support Little League baseball. Cold Steel worked by 10 Avenue residents, including a wealthy lumber dealer and two retired horsemen. Cold Steel was bought for \$1,000, has since proved a big winner at Seattle's nearby Longacres Race Track. Earnings to date: \$5,640. Each time Cold Steel runs, several hundred of Summer's 2,800 patriots flock to the track, bet their pride with both hands. Says Stockholder Walter Corbin, who owns his Fountain Lunch on days when Cold Steel runs: "We're a one-horse town and proud of it!"



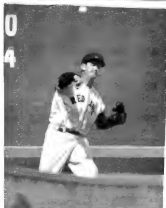
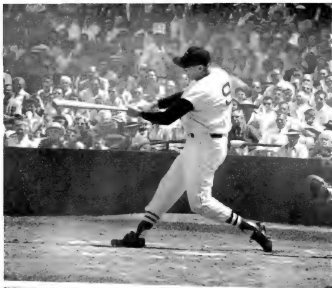
STUDYING form chart, five Cold Steel owners, Bill Herbert, Bob Thompson, Ed Turpin, Kirby Hill and Neal Tobbs, (left over page, Hill second from right) formed syndicate and own six horses between owners and Trainer Fred Wait. Owners have been two to six shares at original price of \$25 a share. The sign at left goes up at Corbin's Fountain Lunch when horse runs.



EXCITED SUMMERITES AT Longacres crowd over the Cold Steel happenings while near to Merry Avenue, coach of independent Little League team.



BREEDING to a 2 1/2-length victory in recent Longacres race, Cold Steel has boosted his community-service earnings to a tidy \$4,640.





Hitting is what Williams does; you can't teach anything, and we are proud of him.

Throwing is not Ted's forte, but short Johnny Pate is a professional at it.

Fielding has never been more to Ted than a necessary part of the job.

Sliding back to first, Williams proves he isn't too old to handle on base paths.

WONDERFUL WORLD continued

OLD TED

They have said he is getting old, and he has conceded that perhaps they are right. But he keeps on playing and he keeps on hitting and his batting average looks as young as ever. They have said he is not a team player, that the Red Sox would do better without him. When he has heard them say this he has spit at them, for the records show that the Red Sox have floundered without him. And finally they have said that he is really not as good as his .348 lifetime average, that he fails in the clutch. But American League pitchers will disagree. This year he is feeling older and hitting better than ever. At the time of the All-Star Game, he was hitting a good but mortal .343, with 29 home runs. Since then, in 14 games, he has made 28 hits, including nine homers, and has raised his average to a wonderful .379. Boston fans hope that next year Ted Williams will be even older.

PHOTOGRAPH BY RAY JONES



Encouraging progress has been made since the President's conference last year but there are still more words than deeds



A MEASURE OF

TWO YEARS ago John B. Kelly, the Philadelphia financier and sportsman, brought some shocking news to the attention of President Eisenhower. The news was embodied in the now widely known Kraus-Fruden study, which showed that American children were 43.2% weaker than their European peers in a test of minimum muscular fitness (SI, Aug. 15, 1955, *The Report that Shocked the President*). The President, properly alarmed, invited a panel of prominent sports figures to a White House luncheon to discuss the implications of these findings. At the luncheon, held in July 1955, it seemed to be the consensus that Americans, deprived by modern comforts of the physical exercise that was a natural part of their ancestors' lives, would have to take conscious and positive action to re-establish and sustain their vigor. The following June the

excellent President's Conference on Youth Fitness took place in Annapolis (SI, July 2, 1945). The outcome of this conference was an Executive Order establishing the President's Council on Youth Fitness, composed of Cabinet members, and the President's Citizens Advisory Committee, to be appointed at a later date. In September 1945, Dr. Shane MacCarthy was named executive director of the Council, and last month the Citizens Committee—composed of 119 people from the fields of physical education, recreation, child care, business and journalism—was appointed, with Carter Burgess, president of TWA, as chairman. Thus, for the first time in history an organizational mechanism was created at the highest federal level to deal with the individual physical well-being of the youth of America. This was a necessary forward step and a long one.



FITNESS

by DOROTHY STULL

How long will now depend on how well the Council conducts its affairs and how profoundly it inspires the states, the cities, the educators, the parents of America. And inspire the Council must. For here is a federal agency that must rely on the worthiness of its mission, its efficiency and its charm. It has no legal force, no budget to speak of, no police power.

These months ago *SPORTS ILLUSTRATED* began a survey to evaluate fitness progress during the two-year talking stage since the President first alerted the nation to the problem. The President's fitness representatives, physical educators, recreationists, school principals, school coaches, youth agency workers, physical education researchers, physicians, parents and children—were interviewed by the magazine's correspondents in 48 states. The nationwide

survey disclosed certain broad patterns in fitness that may be of considerable interest to the President's Citizens Committee when it holds its first meeting at West Point next month.

Indeed, since this was a purposeful survey, it would be entirely proper to call what follows "Notes for the West Point Conference on Physical Fitness":

ITEM Dr. Shane McCarthy has kept interest in the Council alive with a 29-state speech-making tour, but many people who would like to help say they have been bewildered and frustrated by his failure to offer specific recommendations which they had expected to hear. It appears that the Council has not yet satisfactorily and fully explained itself to those who can help it most at this stage. *continued*

FITNESS

continued

During the 11 months Dr. MacCarthy has been in office, he has covered some 24,000 miles and has delivered some 33 speeches. His lilting Irish voice has been heard from San Jose, Calif., to East Stroudsburg, Pa., to Great Falls, Mont., and Silver Spring, Md., and after each speech a generous shower of press clippings has fluttered back to his Washington office. Over and over his eager and sometimes wary listeners heard him say that the Council has no advice to offer on how to achieve fitness and should have none ("Fitness cannot be dictated"), that the government is not prepared to spend any money on fitness ("Fitness can't be bought by dolts") and that the function of the Council is to persuade the American people to do something about their unfitness ("We are not doing—but stimulating"). This theoretically sound policy of insisting that action begin at the local level has produced confusion and sometimes stifled action. Walker Ray, director of recreation for the Chicago Park District, is speaking not only for himself when he says: "It's a funny thing—they haven't spelled out yet what they mean. We're ready to do what they want, but they apparently don't know what we should do. They're holding conferences and talking about what the President means by 'youth fitness.' They've suggested that we do what we want. But it doesn't make sense to start a program and then find later on that they have an entirely different thing in mind. . . . So we're just marking time."

In a few instances where Dr. MacCarthy's malfeasant concrete proposals they were not taken seriously. Example: his suggestion that New York's Fifth Avenue be closed to motor traffic on Sunday and open only to cyclists and walkers. Nonetheless, Dr. MacCarthy's malfeasant speeches, for all their lack of specifics, have inspired people to take a good look at how the pattern of life, almost imperceptibly changing in their communities and homes, has resulted in increasingly less physical activity.

ITEM

Only one state—California—has made a major advance in its fitness program. Some athletes have held meetings, formed committees and provided local guidance, but California is the only state that can serve as a model for other states and for the Council.

California's record is so impressive that for the last two months inquiries about the organization and development of the California project have been received from all over the United States. In 1954, 17 agencies and associations, whose members included psychologists, physicians, physical educators, teachers, parents, recreationists and school administrators, formed the California Committee on Fitness. Under the committee's influence, California school physical education programs have become more demanding. There is a new emphasis on developing a greater degree of individual fitness, and body-building activities like gymnastics have enjoyed a resurgence.

The committee regularly publishes the *California Fitness Newsletter*, which reports on fitness developments throughout the state. Examples: Los Angeles County schools have launched a countywide fitness study to determine the effects of health education, physical education and recreation on youth and to plan for upgrading those programs. In Oakland seventh-grade boys in five junior high schools took part in a pilot-testing program which showed that upper body muscles are particularly weak. Because of this finding, testing will be added to the existing

instructional program. Fresno this year added calisthenics, tumbling, swimming and (for boys only) weight lifting, boxing and wrestling to its physical education program. Committees all over the state are working on long-range studies that will shed further light on the value of existing physical education practices.

The American Association for Health, Physical Education and Recreation affiliates have held state-wide conferences in California, Oregon, Illinois, Delaware, Pennsylvania, Missouri, Kansas, Washington and Michigan. In Illinois and California the governors called meetings and gave their backing to the fitness project. Arizona, Connecticut, New York, Maryland and West Virginia have completed or are in the process of bringing out new physical education guides which reflect a new interest in fitness. (See also state-by-state report, page 34).

ITEM

The record is better for cities and towns. Omaha, Des Moines and Philadelphia, for example, have expanded park and recreational facilities and have done Kraus-Weber testing on a city-wide basis.

Omaha has done widespread Kraus-Weber testing in schools, in YMCAs, on playgrounds. The resulting publicity so captured the imagination of Omaha's adults that Kraus-Weber was taken up as a parlor game, and some informal service clubs began starting off their meetings with limbering-up exercises.

Philadelphia, under Recreation Commissioner Robert Crawford, has increased its facilities and personnel by 35% in the last five years and has held training workshops for playground leaders and recreation administrators to make sure that existing facilities are put to maximum use.

In Detroit, John J. Conditine, general superintendent of the Department of Parks and Recreation, did not wait for national or state aid or direction. Last October, Conditine, concerned about "the weakening appearance" of today's youth, called a meeting of all his playground instructors. "I was sick of committees, and I laid it on the line. I ordered them immediately to inaugurate a program of setting-up exercises on each of our 421 playgrounds and to step up such activities as fencing, boxing, weight lifting. . . . It was compulsory for the leaders, but of course the boys and girls came voluntarily, and we can't require them to participate the way the schools can." Despite many experts' insistence that calisthenics are boring to children, more than 15,000 Detroit youngsters voluntarily took part in the playground system's fitness program. Because the program was so popular, the department staged a new event this spring called "The Detroit Future Olympics," in which some 400 boys were entered in the indoor-Olympic-type competition. Next week on Belle Isle, 5,000 boys and girls will compete in another Olympic-type meet.

There are now local fitness committees and councils in cities sprinkled over the country, but most of these groups are still in the talking stage, often because of delicate problems of coordinating overlapping youth organizations. Smaller towns, like Newtown, Conn. (SI, May 27, 1957), are getting the most use from their equipment and personnel by meeting the joint position of town recreation director and school physical education director.

ITEM

The stooped status of physical education is the big problem of fitness in the schools and, of course, physical education shares with the rest of education the dilemmas of overcrowding and inadequate equipment. But the attitudes and values of the individual instructor often are the biggest

standing back to progress. Those who should be most interested in furthering the President's fitness program—the physical educators—are doing the least to better fitness.

There are many reasons for this apparent contradiction. Unavoidably, perhaps, any criticism of the present physical condition of American children reflects on the achievements of the physical education profession. The natural reaction is to defend the program as it is and deny imperfections rather than to re-evaluate and discover if there is room for improvement.

This defensive posture afflicts even the most intelligent and thoughtful physical education leaders, and in some cases has led them to interpret every bit of new knowledge as vindication of their old methods or to espouse any theory that claims to give scientific evidence of the value of their profession. A case in point was the recent speech of Ellis Champain, Director of the School of Physical Education at Springfield College, in which he courageously called on his colleagues to admit that physical education today needs more stress on activities for physical fitness and then regaled the strength of this appeal by coming out in defense of Rogers' Law—a mathematical formula equating achievement on the Rogers Physical Fitness Index with ability to learn anything (including Greek and calculus). Most educators who applied the many contributions to physical education made by Dr. Frederick Rand Rogers charitably ignore Rogers' Law.

Another problem for the profession is the confusing concept of "total fitness." Surprisingly, this term stems from the generally accepted educational theory that teaching should be aimed at "the whole child," giving careful attention to spiritual, emotional and physical sides of the child no matter what the subject of study is.

No one would argue with this if, in the process of teaching total fitness, body conditioning and learning of physical skills were accepted as the proper and unique contributions of physical education. Unfortunately, these fundamentals—which are not taught in any other course—often get lost in a welter of socially valuable but relatively inactive "activities."

In fairness to the profession it must be said, however, that there are problems contributory to the stepchild status that are not of the physical educators' making. One rests with parents who prefer to see school funds go into the creation of winning teams rather than the development of well-rounded programs which would reach all children. Another is a countrywide tendency to allow high school boys to substitute military training for gym (both the boy and the military establishment lose in this case). Still another exempts vanity athletes from regular physical education classes—classes which would help them both as athletes and future citizens.

ITEM Minimum requirements for school physical education programs are being threatened by the continuous, rapid suburban expansion outward from the great metropolitan centers. In some cases the suburbs have grown so fast that the powers that be and the citizens' groups are not worried about proper physical education facilities; they are worried about whether they will have a school at all.

Chicago reports that the great exodus of people to suburbia has jeopardized the physical education program. Both in the cities the people are moving from and the suburbs they are moving into. For instance, Tilden High School, long a traditional power in Chicago in football, basketball



HEAR FITNESS LEADERS. Carter Burgess and Shane MacCarthy, discuss next month's meeting of the Citizens Committee.

and track, is eliminating track this year for lack of personnel. Since the enrollment has dropped from 2,344 to 1,560 the number of instructors has correspondingly been cut.

ITEM Some physical education administrators have clear and progressive ideas for new programs, but they are little hope of achieving them unless more money is provided for fitness in the schools.

Dr. Isidor H. Goldberg, Assistant Director of Health Education of the New York City Board of Education, has defined an ideal program in these words: "We need a daily activities period, and we have to have both teaching and the time to apply teaching. We have to have scope and sequence of subject matter, a specific number of minutes for each activity. We have no test as they have in Biology, no objective way of evaluating results. We can't have a uniform program (which ensures a certain minimum for every child) if conditions aren't uniform. We can't teach all the sports. There has to be a basic program, just as there is in arithmetic, so that in each grade the child learns certain things. For instance, we must be able to say that in the 10th grade of high school, with two 45-minute periods a week, a total of 90 periods in the year, every pupil should have eight consecutive periods of volleyball or basketball, eight of golf or tennis, six of track and field, four of bowling, eight of swimming, eight of softball, eight of dance, eight of gymnastics and achievement tests and two of group games. The youngsters should be able to play the games, know strategy, rules, history of the activity, should be equipped for future leisure-time activity. They should be tested and get a mark. Unless these things are required administratively we'll never get good results. We must set realistic standards, we must have scientific, valid tests of proficiency. But it's useless to talk about the ideal program unless we get more money."

ITEM The chief professional organization in the field, The American Association for Health, Physical Education and Recreation, has failed to take the lead because its own members disagree on what fitness is.

The concept of total fitness is so broad continued

FITNESS

continued

that conferences and meetings of the American Association for Health, Physical Education and Recreation or of its state affiliates have been inclined to degenerate into high-sounding definitions of fitness and the merits of fitness tests. Last September 100 delegates of the national association finally issued a statement on fitness for youth. It is as diffuse as to be nearly meaningless.

The statement begins clearly enough: "Man is still meant to be an active, not a sedentary, creature. . . . He is confronted with the choice of including valid health information and vigorous physical activity in his life or suffering inevitable losses." But when the statement progresses to a definition of fitness the confusion begins, and the firm statement of the introduction is virtually contradicted. The definition reads in part: "Fitness is that state which characterizes the degree to which the person is able to function. . . . Ability to function depends upon physical, mental, emotional, social and spiritual components of fitness. . . . Fitness is a constantly changing quality. . . . It is not possible to design a single set of standards for all age groups and persons. . . . Yet the common elements applicable to the human entity . . . must be recognized. For each individual at each stage there is a desirable level of total fitness. . . ." The statement lists seven qualities of fitness a person needs of which one ("sufficient coordination, strength, and vitality") applies to the vigorous physical activity extolled in the introduction.

Despite the AAHPER's inability to define fitness clearly, its leaders have been experimenting with a new physical fitness test for children 8 to 18, which (unlike the Kraus-Weber) includes 50-yard dashes, pullups, shuttle runs, softball throw, swimming. So far the test has not been approved in final form; consequently, there is no way to evaluate it. In the meantime, Executive Secretary Carl Trosator says: "We are only doing better now what we've always done."

One active step the AAHPER has taken is to hold outdoor education workshops in various areas of the country. Here physical educators, school administrators and recreation workers are taught by conservationists, hunting, fishing and boating experts the fine points of bait-casting, hitting a clay pigeon with a shotgun, safely maneuvering

a canoe and survival in the woods. As Dr. Jan Gund, a teacher of physical education instructors at Northern Illinois State Teachers College, said at a workshop held in Wisconsin: "Outdoors you have the practical application of basic skills. Climbing, jumping are done with more joy and spontaneity than the simulated climbing of a rock done in a gym." These workshops are jointly sponsored by the AAHPER, state and local conservation and education departments, the American Red Cross, the Associated Fishing Tackle Manufacturers and the Sporting Arms and Ammunition Manufacturers' Institute. They are good as far as they go, but to participate in many of the sponsored activities one has to achieve some degree of fitness in advance.

ITEM A new appreciation of the value of exercise is evident in the medical profession, although most doctors agree that exact knowledge of specific benefits will have to await further research.

Last year's president of the American Medical Association, Dr. Dwight H. Murray, said recently: "All sorts of evidence points to the need for vigorous activity in childhood and youth . . . and we are coming to recognize the necessity for maintaining appropriate exercise through the middle years. This points up the importance of inculcating in boys and girls an appreciation and desire for physical activity that will persist throughout life." Dr. Paul Dudley White, the President's heart specialist, has long been an advocate of vigorous activity, and at the age of 71 is still a regular and enthusiastic cyclist. At a recent meeting of the American Therapeutic Society, Dr. Richard T. Smith of the Benjamin Franklin Clinic in Philadelphia urged physicians to prevent muscular rheumatism by impressing their patients with the need for exercise. "The population of the United States is becoming more dependent upon wheels for motion and more physically unfit. . . . Coaches of contact sports no longer find it necessary to limber highly trained muscles for several weeks to get better timing. They have to train inadequate muscles for a month to tighten lax joints and prevent injury," he said.

And the American College of Sports Medicine, composed of physicians, physiologists and physical educators, has proposed a fitness "bill of rights" requiring a daily hour of physical education for every child.

ITEM The YMCA and the AAY have done an exemplary job of modernizing and expanding their fitness programs. Some other private agencies and clubs have taken the cue and are launching national programs.

Since 1943 the Amateur Athletic Union, with insufficient publicity, stat and funds, has issued an average of 40,000 certificates annually for successful completion of its junior physical fitness test for ages 6 to 23. The distribution is widespread geographically, with most requests coming from smaller communities rather than metropolitan areas. It is one of the few tests unopposed by the majority of experts, although the Army recently criticized it for not including more arm- and shoulder-muscle exercises. The test is currently being revised to meet this objection. At present it consists of walking, running, jumping, throwing, situps, pullups and pushups, with modified forms of the last two being permitted for certain age groups.

The YMCA also offers a physical achievement test by which youngsters can measure their proficiency, but the great contribution of the Y since the Annapolis conference

ENTERPRISING TEACHER Staff Jones leads her pupils in calisthenics which she added to her program on her own initiative.



has been widespread Kraus-Weber testing of children and adults in its branches throughout the country. The Y has refused to join in the unproductive argument over what the Kraus-Weber test actually proves and instead uses it for its incontestable values: the ability to arouse interest in physical fitness and the simplicity of administering and scoring it. In 1954 the Y held a conference and certified some 50 Kraus-Weber testers. "Each one of the people certified has gone back to his branch and started a successful program," says Dr. Harold Friessmood, Secretary of Health and Physical Education for the Y. The statistics on total number of people tested in Ys and with what results are not all in yet, but the project has expanded rapidly, not only from Y to Y, but more important from Y to surrounding community. Contrarily, two other youth agencies, the Boy Scouts and the Girl Scouts, take the position that they have been promoting fitness from the beginning and see no need for changes in their programs to meet the modern challenge. An executive of the Girl Scouts disavowed responsibility, declaring: "Where they have to get at fitness is in the public schools. We are only supplementary."

A number of adult organizations have acted in the past year to stimulate fitness interest. The General Federation of Women's Clubs has approved and disseminated Bonnie Prudden's program (see page 25) and called on its members to act for youth fitness in the coming year. This week the Junior Chamber of Commerce joins with *SPORTS ILLUSTRATED* in "Youth Fitness Week" (Aug. 2-10). The four chapters which create the best community-wide program for fitness during the week will receive national awards from *SPORTS ILLUSTRATED* at West Point in September during the meeting of the President's Citizens Advisory Committee on the Fitness of American Youth. The judges will be Bobby Jones, Dr. Shane MacCarthy, Phil Rizzuto, Bonnie Prudden, the Jaycoo president, Charles F. Shearer.

ITEM

A number of courageous teachers have risked jobs and reputations to establish fitness programs on their own initiative.

A first-grade teacher in Woodside, N.Y., Mrs. Stella K. Jones, decided to investigate with her own students the validity of the Kraus-Prudden report, which at first seemed "incredible" to her. She gave her students the Kraus-Weber test and found that 56.2% of them failed, compared with the 57.9% failure record reported in the original study. Alarmed, she got permission from the principal to use 15 minutes of the daily 40-minute physical education period in any way that she saw fit. She discarded dances and circle games as not requiring enough bodily movement and started out with simple exercises, such as the bunny-hop and jack-in-the-box. For the first few weeks, 15 minutes was too long. "By then several of my little tots would have simply given up in despair. The most vocal of these was Joseph, who with every movement would say: 'This is terrible, this is awful.'"

Aside from the fact that these children fatigued so quickly, they were a pathetic group to watch. These simple exercises seemed to call for monumental effort on their part. But in two months the rate of failure went down from 56.2% to 48.1%, and this encouraged Mrs. Jones to add more exercises and increase the time to the full 15 minutes. The fourth and final time she tested (in May) only 23.17% failed. More important than scores on a controversial test were other improvements Mrs. Jones traces to "the opportunity to move and use their bodies vigorously": less wig-

gling and squirming when required to sit still in a chair; improvement in skills of standing, walking, skipping, better posture; and the greatest point of all, "they are thoroughly enjoying themselves." When a child is chosen to lead the exercises, "his pride is boundless." Before school in the morning first graders can be seen showing other classes how to do the exercises, and they demonstrate them at home for the edification of brothers and sisters. The heartening point in Mrs. Jones's project is that all this has been accomplished within the framework of the curriculum, without new methods or more time, just a "shifting of emphasis from dancing and circle games to exercises to improve body tone," a program enjoyed by both pupils and teachers.

William Snyder of Redding, Conn., inspired by a speech and demonstration by Bonnie Prudden, changed his whole program for his classes from grades four to eight. He stopped teaching games with little physical activity in favor of more vigorous ones, dropping kickball, circle games and the kind of relay where a child runs once and then stands waiting while the rest of the line runs in turn. In such ball games as knocking down Indian clubs, he increased the number of the balls in play, thereby adding to the number of children participating and the number of chances each child has to play. He introduced calisthenics (using broomsticks as bar bells to interest younger children) and conditioning exercises done to music.

A man of imagination and insight into what pleases children, Snyder has avoided testing his youngsters in one spot for mass exercise. As in follow-the-leader, the children form lines four to six abreast and move in waves behind him from one end of the gym to the other. One length of the gym may include three running steps, a jump, three walking steps and a deep knee bend, all done in time to music from a phonograph. The next time he may start hopping in circles down the length of the floor, with 10 or 15 shrieking, delighted children following. To make sure he is using activities which hold the greatest interest, Snyder has two evaluation days a year when the children pick out what they like to do best. Their choices are usually the most vigorous of the previous activities.

Snyder has done an excellent job of winning support in the school and the community for his revised program, a factor of vital importance which is often overlooked by his fellow educators. He published a survey among his pupils on how much time they spent watching television, and found it was as many hours as they spend in school. In good weather he drove around between 3 and 5 in the afternoon to see how many children were playing outdoors. "The greatest thing to see," he says with enthusiasm, "is a kid who'd rather play being a cowboy than watch cowboys on TV."

He put on an exercise show for the PTA and sent to parents the results of his Kraus-Weber testing. In one case, the parents of a boy who had failed the test took him off the school bus and insisted he bicycle to school until he was in good enough shape to pass the test. Some of the mothers are now clamoring for Snyder to run an exercise class for them in the evening.

ITEM

Opponents of compulsory physical education in the schools contend it would "disturb" public presentations unless it is as close to regimentation than compulsory English classes—and just as necessary.

A Pennsylvania citizen speaks for many when he says: "The program for physical fitness under government tutelage sounds awfully similar to Hitler's" continued

FITNESS

continued

and Mussolini's youth programs. Let there be no compulsory business. That's using totalitarian methods."

Other people have insisted that calisthenics and gymnastics are totalitarian and the proper physical activity in a democracy is team sports. In the state of Oregon a law making physical education compulsory was defeated thanks to the efforts of physical educators who didn't want to have their programs dictated by the legislature.

Proponents of exercise point out, however, that team sports are not enough to develop strength and endurance in American children (if they were there would be no fitness problem) and that calisthenics and gymnastics are a simple way to fitness. Furthermore, they hold that it is no more dictatorial to demand a compulsory physical education than other forms of compulsory education. "Do we permit a child to decide whether he wants to learn how to read, to spell, to add? Why should we let him determine whether he wants to have a healthy, vital body?"

ITEM Several organizations have detailed plans for future testing and research to help find specific answers to such questions as how much and what kind of exercise keeps a person fit at what age.

The National Collegiate Athletic Association in May through its Fitness Committee issued a 13-point recommendation. All member institutions and conferences were asked to increase the number of sports in intercollegiate and intramural activity and also to increase the number of teams competing in all sports. Another NCAA project

which should prove enlightening is a questionnaire survey to determine how many sports, teams and participants are involved in intercollegiate, physical education and intramural activities. A second and similar survey will be made a year later to see what progress has been made during the 12-month period.

Officials of the AAHPER hope to get funds to administer their new fitness test to children on a nationwide basis. The American College of Sports Medicine, in laboratories of members in the U.S. and Canada, is doing research that will help answer such questions as how much exercise and when, and the relative fitness value of different sports.

CONCLUSIONS

Teach fitness is a responsibility of adults and adults are going to have to do better. The American child (and his parents, for that matter) still gets insufficient exercise. Inspiration, though helpful, is not enough. Dr. Max Curby's speeches have indeed stimulated interest, but too many willing Americans are waiting to be told what to do and how to do it.

The West Point conference may lead the way, but the delegation should not let the broad concept of Total Fitness obscure the immediate necessity for drafting a workable program for physical fitness which states, cities and schools can adopt as a model. Specifics will get action. This past summer Ronnie Franklin proved the fact of the NBC fitness show with a weekly demonstration of simple fitness exercises for the whole family. Until public, quasi-public and private agencies get real programs in motion, youth fitness must remain the responsibility of parents. To stimulate their interest and to assist them in discharging this obligation (and for their own pleasure and good as well), **SPORTS ILLUSTRATED** presents on following pages the first of a weekly series of exercises for everybody, designed and demonstrated by the dynamic Slim Franklin.

STATE-BY-STATE REPORT

Sports Illustrated correspondents have reported on action—and inaction—in behalf of fitness. Here are excerpts of their findings which do not appear on previous pages:

ALABAMA

There is little to report except a bill introduced in June in the U.S. House by Congressman George Huddleston Jr. of Alabama's Ninth District. The bill, H.R. 7875, would establish a U.S. Society for Civic Health Through Athletic and Mental Proficiency, with the Secretary of Health, Education and Welfare as chairman and six members appointed by the President. Function of the society would be 1) to encourage wholesome use of leisure time through cultural and physical achievements by granting honors and awards, on local, district, state and national level; 2) to establish nationwide standards and tests of achievement in fields of cultural and physical endeavor, on which awards would be based; 3) to cooperate with state and local organizations concerned with youth.

Statewide phys. ed. requirements: 134-300 minutes per week.

ARIZONA

In June, Phoenix voted bond issue which included \$4,500,000 for parks and recreation. Maricopa County, with half of state's

population, has built up a good recreation and parks program, with use of swimming pools and recreation areas and 25 school grounds, but more is needed. Many Mormon communities stress fitness.

Statewide phys. ed. requirements: 125 minutes per week in elementary school.

ARKANSAS

In Little Rock, YMCA's over-lapping fitness program for young businessmen has grown so large that three separate classes are being held.

Statewide phys. ed. requirements: 94-128 minutes per week.

CALIFORNIA

(See page 38.) Statewide phys. ed. requirements: 254-300 minutes per week required for graduation.

COLORADO

Public schools are in demand of local school districts, which prohibits any over-all state planning for physical education. In Denver when swimming pools were proposed for four new high schools there was adverse public reaction, in face of a general clamor for storage and low teacher salaries.

Statewide phys. ed. requirements: none.

CONNECTICUT

A University of Connecticut questionnaire showed 68% to 75% of the students were interested in physical fitness, wanted more team exercise and wanted to know how they compared with others of their age. Hayes Kruger, physical education teacher at Daffy School in West Hartford, reports: "Whole families have become aware of the way youngsters were allowed to slack in physical education and are taking group exercises at home. . . . But there are too many empty play spaces in town."

Statewide phys. ed. requirements: none.

DELAWARE

A committee is studying physical fitness tests to be used as uniform gauge in Delaware schools. In Wilmington, where school system is autonomous, results of Kraus-Weber testing in one junior high school

Turn to page 66 to see what is happening in one state, and to page 64 for others



BONNIE PRUDDEN SAYS:

*You are **NOT***

TOO YOUNG

TOO OLD

TOO FULL OF ACHES

TOO FAT

TOO THIN

TOO FAR GONE

TOO LAZY

TOO FLABBY

TOO ANYTHING

*TO HAVE FUN
KEEPING FIT*

turn the page to find out how

HOW TO GET MORE OUT OF LIFE

by BONNIE PRUDDEN

TAKEN A LOOK at the members of a certain American family on a typical evening. They are draped in front of the television set. They are tired, their bodies sag and often bulge. As they watch the show, they nibble away at

they had 10 minutes of "measured" activity.

Of course this is an exaggeration, so I suggest that you determine how much of one it is by making an unbiased survey of the actual physical activity

To have energy left at the end of a day you must generate, not dissipate, it. A body that doesn't move deteriorates. This is true whether you are 10, 20 or 60 years old.

In a child, inactivity results in lack of proper physical development. If children are restrained in playpens, strollers and automobiles and exposed only to passive entertainment, their bodies do not grow strong and vital, and they become fearful, fat and weak. Perhaps more important, they miss many of the natural pleasures of childhood. Few youngsters today know the joy of walking two miles on an early autumn morning, or the fun of wading through torrential gutters. The product of overprotective parents, today's children are panic-stricken if they get hurt, and resent something they avoid suddenly.

Their attitude is expressed by one child who, when told by his mother that they were going to walk instead of ride in the car, asked with great astonishment: "What, walk by hand?"

For the adolescent a body betraying a lack of active exercise can be tragic, because this is the time of life when the physical body begins to be of the greatest importance. At this age a good figure is a must for girls. A boy's standing with his friends often depends on his physical skills, his place on the team. Inactivity can also lead to poor posture, which, besides being unattractive, often causes fatigue and backache.

For the adult, a good body, which is an active body, means vitality and the ability to enjoy life. It means having the strength to meet tension-filled days and a chance to avoid the ills of inactivity: neck, shoulder and low back pains, headaches and obesity. Active adults use sports and exercise as physical outlets for the constant unavailing irritations in their lives. And the more irritations you have, the more outlets you need to preserve. *—continued on page 21*



THE AUTOMATION AGE has given man, on left, a deformed shoulder slouch, while the next one has literally gone to pot. Man in gray flannel suit sets poor example for son.

a supply of TV snacks. They are tense and exhausted—the certain harvest of a superstimulated, underexercised day.

During the day Dad had gone by car, train or bus to the office, rode an elevator, sat at a desk and walked a few steps to lunch. He either ate and drank too much too long with an out-of-town customer under selling pressure—or faced to a counter for a 10-minute hamburger and cup of coffee, worrying the whole time about that incoming phone call. In the evening Dad wearily retraced his sedentary homeward path.

Mom, up at dawn with the baby, got Dad off to the office, the kids to the school bus, "did" the house, was on the phone for the PTA, jilted the kids to Brownies, the orthodontist and the piano lesson.

The kids, out in the school bus, family car, classroom and lunchroom. At gym

in a day in your family's life. You will find that, while its members go a great many places, they ride to all of them and while they are engaged in a great many activities, very few are physical.

ABOUT THE AUTHOR

Bonnie Prudden is a member of the President's Citizens Advisory Committee on the Fitness of American Youth. With Dr. Hans Kraus, a world championship coach, she wrote *American children were in worse shape than Europeans of the same age* and made the report that amazed the President: to take high-level action on fitness. Director of the Institute for Physical Fitness in White Plains, N.Y., Miss Prudden is the author of two books on physical activity: *Is Your Child Really Fit?* and *Basic Exercise No. 1*. As the mother of two girls (18 and 15), Miss Prudden has a personal stake in the problems of youth fitness.

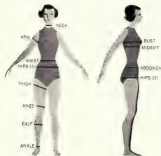
presents

YOUR FITNESS RECORD

prepared by BONNIE PRUDDEN

INSTRUCTIONS

Here are the eight charts you will need to keep a record of your progress in Bonnie Prudden's exercise course. She has designed these exercises for men, women and children. Make them a family project! It's more fun that way. Perform each exercise as it is demonstrated by Bonnie in photographs that will appear weekly in *Sports Illustrated*. You will start with the basic four exercises, and each week you will add one or two as indicated. Use the charts faithfully. It's important to keep your record up-to-date in order to get the most good from the exercises. And you will be encouraged to continue if you can see proof of your progress. Lift out this four-page section for pulling it gently over the staples in the center of the magazine. Most of the charts run for six weeks. After that they will serve as a model for new data you can make yourself.

YOUR SIX-WEEK
WEIGHT CHART

Weigh yourself weekly in the nude and at the same time of day, preferably before breakfast. If you eat the same amount or less, your new exercises will make weight drop, but it may take several weeks.

DATE	WEIGHT

MEASUREMENTS

BY BONNIE PRUDDEN AND JUDITH K. GORDON

DATE						
1 NECK						
2 RIGHT ARM						
3 LEFT ARM						
4 BUST						
5 MIDRIFT						
6 WAIST						
7 ABDOMEN						
8 HIPS (1)						
9 HIPS (2)						
10 RIGHT THIGH						
11 LEFT THIGH						
12 RIGHT KNEE						
13 LEFT KNEE						
14 RIGHT CALF						
15 LEFT CALF						
16 RIGHT ANKLE						
17 LEFT ANKLE						
18 VITAL CAPACITY						

Measure at points on above figures. For vital capacity put tape on midriff, exhale, then inhale and measure increase.

EXERCISE WORK-UP SHEET

NAME: _____

- 1 ABDOMINAL SET (1)(2)(3) — **AUG. 5**
 2 PELVIC TILT, SUPINE (3)(2)(1) — **AUG. 12**
 3 SIT-UPS (ROLL-DOWNS) (3) — **AUG. 19**
 4 HAMSTRING STRETCH
 5 SPINE-DOWN STRETCH (2)(1)(3)
 6 KNEE-TO-NOSE KICK (2)(1)(3)

- 1 ABDOMINAL SET (1)(2)(3) — **AUG. 5**
 2 PELVIC TILT, SUPINE (3)(2)(1) — **AUG. 12**
 3 SIT-UPS (ROLL-DOWNS) (3) — **AUG. 19**
 4 HAMSTRING STRETCH — **AUG. 26**
 5 SPINE-DOWN STRETCH (1)(2)(3)
 6 KNEE-TO-NOSE KICK (2)(1)(3)
 7 TORSO TWIST (2)(1)(3)
 8 HIP SHIFT (3)(2)(1)(2)(1)
 9 DEEP KNEE BENDS (1)(2)(3)
 10 SIDE STRETCH (2)(1)(3) — **SEPT. 9**

8th WEEK

S	M	T	W	T	F	S

9th WEEK

Refers to issues of **SPORTS ILLUSTRATED** in which exercises will appear.

Each day write down number of times you have done each exercise. Be sure to do them in order indicated by exercise again.

SPOT REDUCTION

Study these figures to spot your problem. Numbers refer to specific exercises that will help correct it.



EXERCISE CYCLE

Do your exercises in this progression for number of times indicated. For the first week your daily exercise period should total 10 minutes. Further directions for adding time will be given week by week.



S	T	T	S

S		T		T		S

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Annual report



Age group	Percentage of respondents
18-24	10
25-34	20
35-44	30
45-54	40
55-64	50
65+	60

Garage

1. **Introduction**

Transportation

Spectator Entertainment

Playboy Entertainment

Age Group	Percentage (%)
18-24	~85
25-34	~80
35-44	~75
45-54	~70
55-64	~65
65+	~60

Wright

Transportation

Showing

Year	Percentage (%)
2014	65
2015	85



Wavelength

Action Attribution

Planned Research

Others

TITAN

TOTAL PLANT BOUND

TOTAL VALUE

Indicate number of hours each day spent during any week. You will find you get very little sleep, or during the ordinary work.

WHAT WERE YOUR IRRITATIONS?

Check the day

	S	M	T	W	T	F	S
1. THE BOSS							
2. CO-WORKERS							
3. SUBORDINATES							
4. TRADESPEOPLE							
5. CUSTOMERS							
6. RELATIVES							
7. CHILDREN							
8. NEIGHBORS							
9. SPOUSE							
10. SERVANTS							
11. TOO MUCH TO DO							
12. TRAFFIC							
13. TELEPHONE							
14. SHOPPING							
15. NOISE							
16. WRONG PROFESSION							
17. OTHER							

Identifying the annoyances of a typical week (a crying baby, a rainless day, the weather) will help you cope with them.

WHAT WERE YOUR OUTLETS?

Indicate number of hours spent on each day

	S	M	T	W	T	F	S
TELEVISION							
MOVIES							
CARDS							
GAMES (WHAT?)							
CROSSWORD PUZZLES							
LETTER WRITING							
READING							
MUSIC (LISTENING)							
MUSIC (PLAYING)							
DRIVING IN A CAR							
NEEDLEWORK							
ARTS AND CRAFTS							
OTHER							
SPORTS (WHAT?)							
WALKING							
DANCING							
SWIMMING							
GARDENING							
RIDING							
PLANNED EXERCISE							
PASSIVE HOURS							
ACTIVE HOURS							

You may be surprised to see how much time you spend sitting. The chart helps determine how many active hours to add.

BONNIE PRUDDEN

Continued from page 44

consequently. Concerns with whether they have physical appeal is not confined to teen-agers. Exercises can make adults attractive, in their own or out of them.

When you are older, a good body does not necessarily mean a fatter one, but can mean living longer on your terms—being strong, good-looking, active and physically dependent on no one. What you are at 40, you can be at 40 or 50. At 60 you need only take it a little slower. At 70, if you are free from aches and pains, you can have a wonderful time.

So you get the most out of any age if your body is in good shape, and you'll have fun getting it and keeping it that way. Your body can be as good as you make it. All it takes is determination, a little time and knowing what to do. If you contribute the first two, I'll supply the other. The secret is simple: to substitute activity for inactivity as much as you can during the course of a normal day and take a few minutes of each day to do some *easy exercises*.

Give up trying to find ways to make life less physical and make it more physical. Call up your friends in the next block and invite them to meet you after dinner for a walk. If you always take the elevator, start riding it only to the floor before the one you want, then walk the last flight. Every two weeks add one more floor that you walk. If you're a commuter, walk to the station. If you're a housewife, get the two women in the next block to come over for an exercise session each morning. Better yet, establish a new habit for your family: a regular morning exercise time. Then you have the fun of doing exercises as a family, and the kids know you practice what you preach. Don't drive the children everywhere; make them walk. Toddlers themselves all the time is to make them too soft to enjoy life.

As for specific exercises, you should begin with my four basic ones on page 42. To get you started, I'll concentrate on a six-week plan; and then we'll take stock and see where we should go from there. But for the moment, don't think any further than the next six weeks. Each week I'll give you one or two more exercises to add to the fundamental four, and I'll tell you how many times to do each new one. Don't be too ambitious at the start. Ten minutes a day is plenty for the first week, and never do one exercise



VICTOR CORNWELL here shows the real and almost universal sign of the physically inactive woman. Drooped, sloped and sloppy, she is a far cry from nature's intent.

too often. After awhile you can increase the number of times you do each exercise, but wait until I say the word.

Be sure to chart yourself carefully. As you'll note, we have provided special charts on the preceding pages to use with the exercises on the following pages. You can take these out of the magazine. When they have been filled, you can easily draw others like them.

The sort of clothes to wear while exercising are shown on page 44. The important thing is that the clothes should reveal the bulges you want to

suit—or practically nothing. For more fun and best results do the exercises to music. Use Leroy Anderson's *Sleigh Ride* or *Chim Chim*. For slow movements, try Hugo Winterhalter's recording of *Canadian Sunset*.

Use good sense about diet, and follow the *Tips for Eating* on this page. Count your calories. Remember that increase or loss of weight is like balancing a book. If you eat 2,000 calories a day and use up 2,000 calories in activity, you are balanced. Use 2,500, and you'll lose weight. But if you use only 1,500 a day while eating 2,000, you will store 182,500 calories in a year, equal to some 32 pounds. The scale will tell you it's there, but your measurement chart will tell you where.

During the time you're following my exercise lessons, you can drink if you want to, but try drinking less than usual. Each cocktail, highball or glass of wine adds to your daily total of calories.

Now you know what to do, it's up to you. Make up your mind that you're going to see to it that you and your family get more out of life by being in good physical shape. It is beside the point to say that there are people who are unfit physically and still enjoy life and contribute much. Of course there are, but how much more could they enjoy and how much more could they contribute without such a handicap?

You're going to get the results you want: a better-looking body, a better-functioning body, but most of all, more energy to enable you to get more fun out of life.

TIPS ON EATING

Whether you want to lose or gain, to be fit you need to eat well. For example: DO eat lots of fruit, green leafy vegetables, broiled fish or raw shellfish, lean beef or veal, eggplant, beans.

DON'T eat out your favorite sugar, but eat them down, don't quit drinking if you drink, but drink less or substitute a glass of wine for that third cocktail; don't refuse that baked potato, but don't smother it in butter; don't use sugar if you want to lose weight—try one of the artificial sweeteners. In short, don't starve yourself, but don't feed your bulges either.

get rid of, but should give enough to make you free to move. Women should never wear girdles while exercising—but should wear a bralette. If you don't want to bother with special exercise clothes, you can do the exercises in underwear, pajamas, a swimming

Turn the page for Bonnie Prudden's first four exercises demonstrated and explained by her

THE FIRST FOUR EXERCISES

These fundamental maneuvers start

1-4

you on your way to a better shape
and more energy for enjoying life



1 ABDOMINAL SET

Get down on your hands and knees, keeping your elbows straight. Roll up your abdomen and let it drop. Look at it. Then without moving anything except the abdominal muscles, tighten them and stay that way for a slow count of five.

This is the beginning of a new way of life for you and your family. Bonnie Prudden's exercises have been designed for men, women and children, and it's more fun to do them as a family. In No. 3, for instance, family members can take turns holding each other's feet, one end of using chairs. For the first week exercise for a total of 10 minutes a day. Do the exercises in order, they especially teach each energy where otherwise indicated. If you finish all four and still have time, repeat the cycle. Keep a record of your progress on the chart on pages 37 to 40. Next week add Exercise No. 5: THE SPINE-BROWN STRETCH.

PHOTOGRAPHS BY MICHAEL WEISS



3 SIT-UPS

Lie on your back on the floor, bend your knees, and put your feet under a low chair or box. Lift your head and shoulders off the floor. If this is too difficult at first, lie



2 PELVIC TILT, SUPINE

Lie on your back on the floor, with your arms outstretched. Keeping your feet and shoulders down on the floor, arch your back as high as possible. Then, press your upper down on the floor while tightening your abdominal and neck muscles.



4 HAMSTRING STRETCH

Standing with feet apart, lean back, bend up, "bounce" your upper body forward and down. Then do it with head down, arms extended. Do each exercise 12 times, five times looking straight ahead, five times to left, five to right.

SPORTING LOOK

Skintight fit



for fitness

The "leotote" of Helanca (\$14) that Bonnie Prudden wears on the cover and preceding pages embodies those qualities one should look for in exercise clothes: ease of movement and a snugness of fit that reveals every bulge on the body. All clothes shown here serve the same purpose: (a) striped cotton-knit shirt (\$11) with Daren's jersey trunks (\$3.50); (b) matching leotote (\$17); (c) paisley-patterned wool leotite (\$15); (d) Helanca dancer's leotard (\$7.50) and "sternwear" (\$6); (e) boy's cotton T-shirt (\$8) and Daren's trunks (\$3.50); (f) wool tights (\$6.50) and shirt (\$6.25); (g) girl's Chinese jersey tunic and leotote (\$5); and (h) red Orlon and wool jersey leotard (\$11). All are of knitted fabrics (and all clothes, including the footwear, are by Caputo (756 Seventh Ave., N.Y.C.), a firm that through years of outfitting dancers knows best how to clothe the body in motion.

PHOTOGRAPHS BY MICHAEL GOODMAN



Long Run In Fickle Weather

The Honolulu race fleet hunted high and low for fitful and elusive winds. Below is Ezra Bowen's log of the 2,240-mile search aboard the yacht 'Jada'

by EZRA BOWEN

JULY 4, 10:20 a.m. One hour and a half before the start, the still salt water of the basin off the Los Angeles Yacht Club is packed with the boats that are going to make the 2,240-mile trans-Pacific run to Honolulu. Lying at the outer rim of the basin, the 16 of us aboard George Stangel's 36-ton yacht *Jada* are busy, running a spinnaker up out of the forepeak and gathering it in steps with cotton twine, stowing clothes in the drawers and lockers below, eating banana snacks and shakes and hailing rivals alongside. The day is hot, and there aren't more than five knots of wind flicking off the shimmering brown hillsides—it is uncommonly still for such an important moment.

Now the fleet is ready to move out. *Tease II*, first to drop her mooring, comes past us, puffing wrappings of hank's wool all the way up her shrouds and

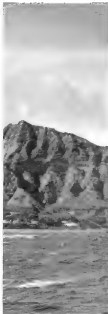
around her spreaders to keep the light sails from chafing. There past us goes Peter Palmer's new *Cherokee*. Palmer won the last two Honolulu races with his fast little *Acropolis*, Palmer's new *Cherokee* is big and strong, 81 feet and 34 tons. She needs wind, and if it blows, she'll be tough. Orin's, Tim Muesley's beautiful 60-foot cutter, is still at her mooring, crew in light blue T-shirts matching her hull color. She could win it if the wind stays light. Peter Grant's *Nefe II*, the stubby, high-sided sloop everyone fears in light weather, has already gone out. *Berkwood*, the scratch boat, is coming from another anchorage. We won't see her till we get to the line. She's tall and tender, and if the wind stays below 15 knots, she'll be long gone for Honolulu.

Now a gentle breeze is coming over the breakwater, blowing away some of

the sun's heat. The weather forecast is: winds south at 2 to 3 knots, swinging west, backing to northwest and rising to 18 knots. Good weather for *Cherokee*. Good for our *Jada*, too. We are heavy and stiff, and we need 15 knots of wind to get moving. Offshore the Pacific "high" is broken into two centers, but it should consolidate fairly well by tomorrow, giving the fleet a straight shot, theoretically, at the finish line tomorrow night.

We cast off with no rush and no special excitement among the crew. Most of them have made the race three or four times before; some, even on *Jada* last summer when she won the 3,271-mile Tahiti race. Under power, we move through the churning mass of marine confusion in the outer harbor, toward the starting line.

As the sailing fleet moves past large



UNCONVENTIONAL, LIGHT-MILLED SLOOP



THE "LEGEND" SOWLS PAST THE TRADITIONAL FISHING-LANDMARK DIAMOND HEAD, TO WIN THE HOKEY RACE TO HONOLULU

power cruisers, wives and guests dripping off the superstructures of the cruisers shout, "You're lovely, go get it." Farther out, the big, white Coast Guard boat *Gresham* that will mother us to Honolulu is standing tall and bright in the marine haze. Helicopters hover above, and on the water a half dozen crash boats and Coast Guard auxiliaries pivot around, sirens and horns blaring, to keep the line clear.

At the starting gun, we on *Jade* are across the line first, rolling for the breakwater escorted by a roaring, wallowing hodgepodge of spectator boats that broke away from the Coast Guard watchdogs.

JULY 4, midnight. We got around Catalina, fourth in the fleet. *Barlowe*, *Orient* and another big cutter, *Nem*

Song, sailed right through us in the light-moderate headwinds. The winds around Catalina were the strongest I've ever seen—hot blasts of air up to 28 knots, ruffling down off the steep hills and laying our lee rail under, then sudden calms of eight knots and one utterly flat spot that stopped us as though we'd run onto a sand bar. *Ley*, red, a light displacement sloop rather like *Nem II* but bigger, was moving up on us until she fell into a hole in the wind near the tip of the island. Looking back at the helpless rival, *Sturgis* chuckled and commented, "Oh, that's too bad. I'm such a sportsman I hope they're there a week."

At sundown the wind has swung to the southwest for real and climbed to 18 knots. Catalina has disappeared astern and the hillslope of San Clemente, the last land we'll see until Hono-

lulu, are just barely visible in the evening haze.

The first night watch is always fuzzy and strange feeling. There's a white light away to windward, probably the light on San Nicolas Island. Now a red light—and with it the occasional dull glow of a flashlight beam probing up the hull of a *Geros* to check the set of the sail. Someone is slipping by us. Then there are no more lights, and we begin the long, cold process of crouching on deck, scrambling now and then to trim a sheet or to secure gear that has shaken down to leeward. At 1:00 a.m., on my first trick at the wheel the wind is 18 knots WSW, the boat rolling at 1½ knots, the sky crowded with stars, a milky way like a high, bright canopy leading out to Hawaii, and a half-moon sliding over toward the windward horizon. continued

holding high on the chumb line. Well, stay up there, big boy, and be happy. They must still be hoping to catch a corner of the trade winds. Things look better every minute, but *Criteria* is dropping back steadily. *New Song* is still walking out ahead of us.

JULY 23, noon. Ninth day out, about 400 miles to go, latitude 37 degrees 25 minutes north, longitude 116 degrees 20 minutes west. Windy wind peaking at 5 knots, slantish, almost vanishing zephyrs skipping around the horizon, killing our speed and making life miserable for the helmsman. Ocean racing could make a schizophrenic out of the

most stable character. Four days ago we'd lost the race. Two days ago we won it back, and now it's gone again. We still haven't found the trade winds that Jada needs. The whole sky is sitting under a still blanket of stratus clouds that seem to be stifling our wind. The entire weather pattern, in fact, is an utter mishmash. Among the Class-A and Class-B contenders, only *Barbarosa* and *Criteria*, caught in holes of their own, seem to be suffering as much as we. *New Song* and *Orient* keep rolling no matter what happens to the wind. *Nala II* is suddenly looking better as she moves south. *Volsunter*, after a brilliant southerly start, is now even with us, and, with her

handicap, now has a good chance to take the entire race. We saw *Legend* yesterday off our starboard bow, the first sail sighted since the evening of the start. This morning *Legend* reports a position well ahead of us, to the south, and is clipping along almost 200 miles per day while we make about 100. Once again, with the winds light and the sails requiring little attention, a mild snapper is beginning to overtake the crew of the Jada. There is absolutely nothing we can do to make the boat go faster. We've talked about dropping south to look for wind but decide to keep this course and hope. We've tried every possible way of setting the sails, including a few

continued

HIGH CENTERED HERE
FIFTH DAY

WEATHER SHIP "REMMER"
BROADCAST DAILY WIND
AND LOCAL THERMETER
READINGS: 8 A.M., 3 P.M.

LOS ANGELES

YACHT	CLASS	ELAPSED TIME		
		DAYS	HOURS	MINUTES
NEW SONG	CLASS A	11	20	43
LEGEND	CLASS B	12	07	47
NAUPE II	CLASS C	13	10	38
ALTURA	CLASS D	14	21	31
JADA	CLASS B	12	12	51
BARBAROSA (Scratch boat, followed chumb line)		13	13	02

200 MILES

position of each yacht at midday each day, indicate the almost useless search for a

winning wind, and also point up how the gamble of a jibe to a more southerly course

paid off handsomely for over-all winner, *Legend*, with two good days' run at finish.

JULY 18, 8 a.m. *Fairish day out. Our* *Antelope* *is out. Antelope's 71 degrees F.* *temperature, completely full displacement* *monitors out, also their own weather* *monitors. Wind near ENE at a Amplitude* *15. We've finally gotten our weather* *hardly between the two boats, much* *too late. Too late for Barbours, too* *—she finished last night at two minutes* *after 10. But Nona Song crossed* *the finish at 8:43 this morning, taking* *what looks like a death grip on first* *Class A and maybe first in the fleet.* *As the day wears on, clear with 15-* *to 20-knot winds sending us skidding* *down the trade wind white caps, re-* *ports keep coming in. Nola II is 22* *degrees 22 minutes north, 172 degrees* *25 minutes west—too good for us and* *possibly even too good for Nona Song.* *We have a forecast for some. She's three* *to five hours back. Volante is now* *definitely out. Great finished at 11:44* *this morning, 40 minutes behind Nona* *Song on corrected time. That leaves* *only Legend for us to worry about. We* *need to beat her to keep first in Class* *B, and Nona Song has to sweat out* *Legend's arrival to be sure of first* *honors. By noon time, we have the high* *hills of Maui in sight. The wind stays* *fresh, and we really feel we have a* *chance against Legend. Then, at 1:50* *p.m. the word comes in—Legend just* *finished, riding 25-knot winds in the* *Molokai channel, making 13 knots,* *blowing out one spinaker and settling* *another in five minutes—such a good* *finish that she dashes both Nona Song's* *hope of over-all win and our hopes for* *Class B. We pass through the glare of* *the Diamond Head searchlight at* *9:15 p.m., second in Class B and* *ahead of Volante, only mildly happy* *about either of these circumstances.* *But it is exciting to be finishing such* *a long voyage and tying up at the* *dock; it is fun to be draped by the* *heavily fragrant flower wreaths, hear* *the Hawaiian music, and taste really* *cold beer after 12 days. For us, it's all* *over. For Charles Haman, skipper of* *Legend and his crew, there is still the* *business of sweating out Nola II. Nola* *II fails to make it in time. Her time is* *good enough to win Class C, but the* *1937 Hovehu race goes to Legend.* *Nola II is second in the over-all, giving* *the light displacement boats the* *first two spots, earning a fair amount* *of chin stroking about the effects on* *future yacht designs and hardware.* *Nona Song and Great, two cutters,* *are third and fourth. Our Jack is fifth.* *The morning of the 18th, Afton shows* *up and gathers neckbands of fragrant* *leaves on Class D's welcome.*



WINNING CREW of deep-sea trawler *Shantree*, left to right: Herb Smith, Steve Olson, Eddie Peterson, Paul and Bing Wong, Chip Chang, Frank Peters, Ginger Stigler, Charlie Peterson and Kevin Thorsen. Deep-sea trawler crew of the *Shantree* earned its cover-all winners and also won a Class B title over crew of the *Grand Duke* before

CREW OF "MAGG," panel from which several photographs reported here, included (clockwise from left) Fred Ames, Tom Stahl; second row: Barry Huber, Bill Lawrence; third row: Bruce Lieberman's Bowling Editor Kara Brown, Book Designer B. C. Huber; and row: Bill Lieberman, a Book Designer, Mary Ford, Editor Sherry Glavin, Huber.





MEANWHILE, BACK EAST...

PHOTOGRAPH BY HENRI BONDYFELD

WITH his sister Cathie as crew, 18-year-old skipper Tommy Mansell of Peapack Yacht Club, Southport, Conn., won all seven of his races in the Blue Jay class last week at the Larchmont Yacht Club regatta. This gave his Cors (above, left) the neat and unbeatable record of 1-1-1-1-1-1-1. (Tommy also won the Junior Day event, but it did not count toward his Race Week triumph.)

Such a clean sweep is not unknown



at Larchmont, but in the past it was always achieved in a class with only a few entrants. Tommy and Cathie went up against a Soundful of Blue Jays every day—anywhere from 25 to 45 of them—and beat them all. Moreover, Tommy won the same event last year with five flats (two races were canceled because of weather), and the 12 victories give him the largest unbroken string ever put together in championship events in the 59-year Race Week

history. "It was," said one member of the Race Committee, speaking of Tommy's skippering this year, "one of the most remarkable performances I've ever seen on the water. Munnell made no mistakes, was always in the right place and was never in trouble."

Cathie is named for the two youngsters who sail her, Cathie, 14, and Tommy. Her skipper—who is 4-feet 11, inches tall—has been sailing since he was 9.

His father, a New York obstetrician, does his sailing in Atlantic class boats.

Asked to explain his phenomenal record, Tommy merely says, "I have sailed down at Larchmont quite a lot."

The Cullen Memorial Trophy for the best over-all performance of the week might well have gone to Tommy, too. It didn't, though; it went to Jim and Abigail Mertz, a couple of middle-aged 210 sailors. Tommy was ineligible for it, being under 18.

THE PGA COMES

One of golf's great tournaments begins to live up to its traditions

DURING THIRTY YEARS when he was leading the American professional golfer out of the wilderness, of marginal local distinction into the broad plains of plenty, Walter Hagen was annually re-elected, virtually without exception, that he always have some major title to place alongside his name. Most of the time he did. In 1914 and again after the war in 1919, he was Walter Hagen, U.S. Open champion. In 1922, 1924, 1928 and 1929, he was Walter Hagen, British Open champion. During the years when he was neither of the national apices, the two biggest championships, Walter here or there was all he had to make sure he didn't let the title that ranked right below them in importance escape from him. That was the PGA Championship. In the 1920s Walter practically owned it. He

won it first in 1921 and then, in one of the great extended performances of all time, he repeated in 1921, 1923, 1925 and 1927. When Walter was eliminated in the 1928 PGA by Leo Diegel, Diegel was hailed as a wonder man—which indeed he was to beat the finest match-play golfer who ever lived.

To be the PGA champion amounted to something in those days both in the minds of the players themselves and the people who followed the game. In 1924, for example, the whole country leaned forward in anticipation of a tremendous final between Sarazen, the defending champion, and Hagen, out to prove that young man he considered a usurper. What a match ensued between these two contributors, approaching rivals! They were even after the first 18, Sarazen squaring with a birdie on the home hole. In the afternoon, throwing everything into his game, Hagen stroked a birdie by three holes at the time, and then "The Hawk" unleashing one of those crowd-pleasing streaks, drives to where he was in trouble, hits the hole back, then another, then another. Coming to the 35th, they were all even. They halved that putt. On the extra hole, That is on the 35th. And then this match, bitter in more ways than one, ended with unexpected calmness on the 36th, a short par 4 which doglegged to the left. Saved from hooking out of bounds by the trees at the angle of the dogleg, Sarazen grasped his ball out of the thick, tall rough with his niblick—two feet from the cup.

The PGA Championship didn't always, of course, produce matches of these spectacular proportions—and, in order, the tournament, like all golf tournaments, had to lose some of its primary color when Hagen and his contemporaries were no longer in dominance—but, by and large, it remained

a fine and important championship down through the years, until shortly after the end of World War II. Then it began to go down, fast, and in recent years it has come perilously close to becoming just another week of the weather golf possessing hardly any more significance than the routine resort tournaments played the week before and the week after it.

What were the reasons for this decline? Well, part of the story was a decided drop in the quality of the competing field. After Hogan, for example, and Sam Snead and PGA Championships in 1945, he never entered it again, and other established stars, cowpiled and consequently jaded, felt that all that previous match play under the blazing sun amounted to no summer madness. On the other hand, the newly risen young politicians wanted to get into the championship but couldn't, standing as there was that knee-and-buggy PGA regulation decreeing that a young pro put in a five-year apprenticeship in the ranks before earning acceptance as an adult member of the organization and coincidentally becoming eligible to play in its championship. The fact that this rule remained on the books—it made sense only when a golf pro was primarily a clubmaker—was generally attributed to pressure brought to bear by the conservative in the PGA's nationwide administrative hierarchy—who, like all schools, unions, schools, were nothing if not jealous of their prerogative. They sometimes gave the impression that they regarded the annual championship first as a convention for themselves and secondarily as a golf tournament.

On top of this, a major championship loses its character unless it is played on first-class courses. Much more often than not in recent years, the PGA Championship was held on layouts quite unworthy of the event. Moreover, the fading club was frequently unprepared, lacking both the facilities and orientation, to handle the



AT MOST A GEMER of PGA Championship in the 1920s, the touring Walter Hagen was better than his name in recent years.

BACK

by HERBERT WARREN WIND

one standard and one metric that are part and parcel of running a big show like the PGA. Make no mistake about that: the big-time smoothness of operation was extremely marksmen National Open and the Masters is hard-bought.

The bottom was reached last summer at the Blue Hill Country Club in Canton, Mass., where the once lustrous event had almost as much class as the Boston Public's Yankee championships. The meeting thing was that the only person, apparently, who wasn't charged in the determination to do the old PGA home was someone: "You'd run into some of them, some guy, you liked very much personally," a veteran golf observer was remembering not long ago. "He'd instead of being polite in the means would give you nothing so he and certain. 'We ought to be a team, eh?' You'd mention something you were terribly disappointed with, like the course. When you got certain was a renewed sense of affinity and the philosophy advanced that you couldn't have everything, you know. It was all like that morbid-type guy took going to meetings, like someone a friend of Mrs. Lincoln's asks her as she's sitting Ford's driver. 'Forgotten from the shooting, Mrs. Lincoln, tell me, how did you like the play?'"

These reflections are brought on by the conviction, as of us, received at the recent PGA Championship at the Miami Valley Golf Club in Dayton that the turning point has finally been reached. The 1987 PGA Championship was a fine one. More than this, there seemed to be every indication that we can reasonably count on the tournament to get better and better and, before too long, return to its birthright. Now this frankly came as a surprise. At the beginning of the week, it looked as if officialdom was up to its old habits. Previous to the tournament, the PGA had been, for instance, that the year it would in the competition some of the leading young players



ALMOST WINNER In 1987 PGA, David Price made a come-from-behind victory swing, but was forced to play third and then with others and dropped to last. (Bottom: put,

even though they've completed their period of apprenticeship. Stachuk and Kistner, by the way, were in the starting field for the first time, each having become eligible this year. At the last minute, just when it appeared that, with something like 162 players qualified for 128 places, there would be no room in the draw for any "young guests," one final formation withdrawn by a scheduled entrant came through, and Gene Littler represented us as a team. There are certainly better methods of procedure than this, but here at least was a step, however shaky, in the right direction. I think we can expect a reasonable number of the rising young pros to be invited next year, and not at the eleventh hour.

Prized for prestige

Additionally, the Miami Valley Club was ready to stage a championship. When, before leaving for the tournament, you studied photographs of the course, you would conclude that the layout was too other and the terrain too featureless to present a real test for the country's best golfers. This on arrival, turned out to be a fair estimate. But, at the same time, Miami Valley had the crisp, bright look of a course primed for a prestige event. The fairways were green and well cut. The rough had clearly been superintended closely, and so had the greens, the options, the hazards, the trees. It is no easy thing to get a Midwestern course into such excellent shape for a summer tournament, and the people at Miami Valley had re-

tained turned in a job. Off the course, too, all the club amenities were well organized and fully adhered. The membership, in short, was in a ready mood to be hosting the PGA Championship and was not, as it were, just a passive means of making money. To a happy state of affairs resulted, essentially, from a change in the PGA's policy. Formerly, the association sold its championship as a package: the tag was about \$440,000—to a club meeting its needs, plus, this year, another fee promoted by Ed Sargent, the new PGA Tournament Manager, standard that reaches roughly, after expenses, 60% of the potential fee. PGA Inc. The way this agreement works, the better the club is, the more money the more money it stands to make and the better the preparation, equipment, the PGA gives, the more money it stands to make. They are not to be put on to watch the play at Miami Valley. Whether a net revenue of \$100,000 or less, a lot of money with a mass of profitable use of television, was definitely won, but in a novel, friendly atmosphere, the underlying thing being that an organization that is getting the big things right can certainly handle the other problems of running.

Now that the PGA is heading in the right direction, the association will, if it is wise, keep moving briskly forward. Next year should produce another good tournament. It is scheduled for the Blue Hill Country Club, outside of Philadelphia, which possesses a great membership and a pleasant course. The PGA should even now be planning for 1989. (continued on page 16)

SWOON'S SON

One of the best Thoroughbreds of this decade, he is the hero of the racegoer in the Midwest, where the sport is run to make you feel at home

by WHITNEY TOWER

THE TWO CHICAGO MEETINGS at Arlington and Washington parks produce the finest summer racing in the United States, the finest opportunities for horsemen who in 67 racing days can shoot for 28 stakes worth \$1,139,000 and the finest facilities for patrons, who can get away from the summer heat at the world's only two entirely air-conditioned grandstands.

A lot has been said—and not half enough done—about giving racing's mainstay, the \$2 bettor, a fair shake for his money. Well, at Chicago it has

been both said and done, entirely because a master executive named Benjamin F. Lindheimer has had both the vision and the courage to realize that racing can never succeed unless it has the public's confidence and acceptance. Lindheimer, at 63 a far-sighted realist, is enough of a sound businessman to know that there is no substitute for a satisfied customer. Executive Director of both Arlington and Washington parks, Lindheimer drives himself relentlessly through a year-round schedule aimed at only one objective: to

build up racing. "We have," he was saying the other afternoon, "a lot of progress to make and a tremendous responsibility to the public. We must, for example, completely protect the integrity of racing because most of the general public and a large percentage of our patrons believe racing is scrupulously honest. They are unfamiliar with our various protective measures and the vigilance of our racing officials. Until the public accepts us a hundred percent, I'll feel we're not doing everything we can for the sport of racing."

Actually, Lindheimer has probably done more than anyone in the country to build up this needed public acceptance, and a visitor to Arlington or Washington parks is treated as royally in the grandstand area as he would be in the exclusive turf clubs at most other U.S. tracks. There is a seat for every Chicago racing patron who wants to sit in one and, as California's Rex Elsworth remarked during a stopover at Arlington last week, "One of the great features of racing here is that everybody makes you feel at home all the time."

To some of the country's biggest and most successful stables, Chicago is home and will probably remain so for a long time to come. Calumet has summered there for over 30 years. Mr. and Mrs. Allie Reuben's Many Horse Farm, Freeman Kayer's Beverly Knoll Farm, Mr. and Mrs. Dan Rice's Danada Farm and Fred Hooper, just to name a few, are the big names in Chicago racing. And most of these outfits aren't about to move. Reuben, for example, is probably summing up the opinions of most of his midwestern racing contemporaries when he says, "Chicago offers great stake opportunities for every class of horse. They seem to



BOXED AND BEATEN In last week's Arlington Handicap, Swoon's Son's second-place dash nevertheless elevated him to seventh place on the all-time sweep-winning list.

give us a diversified program with real scope to it. I particularly like the turf program, and I think the public is really getting to like watching the grass races."

In the matter of horses, the impression here is that California may have foed before Hollywood Park recently closed) a higher proportion of established all-around horses in the \$15,000 to \$30,000 bracket and that the Kent's 2-year-old crop may be better as a group. But there too we get on dangerous ground, because it's too soon to judge 2-year-old form, although certainly Poly Hi (out from New York) looked great in winning the Arlington Jamboree on Saturday and so did Fred Hooper's Alhambra in taking the Arlington Futurity the previous week (only to be disqualified for a stablemate's leak). I don't know what Saratoga is going to turn up in the way of new faces in the 2-year-old ranks, but I can assure you that Calumet has some good ones at Washington Park. It is amusing to think that here is a stable which has won over a million dollars as owner this year already—and it was done without starting even one 2-year-old. In fact the first one did get to the races just a week ago. He was a beautiful dark bay son of Bull Lea named Kentucky Pride. Off at even money, he coasted home by five lengths. "We think he may be all right," said Jimmy Jones with a grin. "But we've got some others, too. Fifteen in all, and six of these look real promising. The two I like best so far are Temple Hill—he's a Chateau—and a Tom Fool colt named Tim Turn." Jones's grin got more serious and turned itself into a worried frown. "Who knows," he added. "We might have one just good enough so we'd have to send him East to try for that Belmont Futurity and The Garden State. Yep, we just might have to."

FAITHFUL REBROADCAST

The real hero of midwestern racing is a perfectly put together 4-year-old bay named Swoon's Son. This beautiful running machine, owned by Lexington breeder E. Gay Drake and trained by A. C. (Lex) Wilson, is without a doubt one of the most underrated—and one of the finest—horses to have appeared on the American scene in the last 10 years. A son of the better-than-average stakes winner The Dags, out of Drake's own race mare Swoon, Swoon's Son has tailed faithfully around the Kentucky and Chicago circuit for three years with such success that in 32 starts he has never been worse than third (except when once moved back on a disquali-

fication). Today he stands seventh on the all-time money-winning list, sandwiched between such impressive names as Native Dancer and Assault, with a bankroll of \$485,550. Swoon's Son is the kind of horse that can do just about anything—and has. He's won from five-eighths of a mile to a mile and three-sixteenths. He wins on dirt or grass. He's won with 102 pounds and nowadays giving away weight to his opposition. "One of the nicest things about this horse," says Chicago Seward Keene Daingerfield, "is that the men who own and train him could teach plenty of racing people an awful lot about sportsmanship. It's a joy to see men who never kick or complain, never make an excuse or ask for an advantage. They accept the weight given the horse and send him out to run."

They sent him out again last week in the Arlington Handicap, on grass, and Swoon's Son beat everything but a 4-year-old named Manassas. In receipt of seven pounds from Swoon's Son, Manassas won his fifth consecutive turf race. Dave Erb had a little problem in the traffic with Swoon's Son as the far turn, and by the time he got him straightened out and headed for home Manassas was through and away to win by two lengths.

Chicagoans were a little disappointed at seeing their hero lose, but Trainer Wilson consoled himself with the thought that there are still "races worth \$350,000 which we could run in between now and November 30."

With all Chicago's wonderful features, conveniences, hospitality and general attractiveness, it is a crying shame that there isn't more patronage of a setup which has sunk over \$4 million into just trying to make people feel at home. But the fact remains: Chicago is a great sports town but a bad racing town. Attendance averages around 15,000 at Arlington and Washington parks. Ben Lindheimer explains: "We seem to be years behind other parts of the country in building suitable parkways, and today it takes a good hour to drive to either track. [Trains taking about 35 minutes bring 34% of all patrons to Arlington; 31% to Washington Park.] But now they're building the Northwest Expressway and the Tri-State Toll Road, and in a few years you'll be able to drive to either track in half an hour. When the roads get finished we'll start parking our race tracks. I've gambled four million bucks on it, fixing up the tracks so that when the crowds do start coming they'll want to come back. Now, I don't propose to lose four million." —J.M.



FASTEST 1947 youngster in Midwest, Alhambra, brought to Fred W. Hooper (left) Group's training stable, Lexington, Ky.



MAJORITY of Midwest racing is Owen A. Byrnes's. Hasty, Hasty Fair, which led nation in prize money last two seasons.



DIRECTOR Ben Lindheimer, 67, gambled \$4 million that Chicagoans would support the nation's most comfortable race tracks.

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One of America's foremost research organizations, United States Testing Co., just completed a series of impartial tests on the four leading high-compression golf balls.

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Based upon tests of trueness of entire ball, deviation from randomness and trueness of roll.

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*U. S. Testing Co. Report No. 21109, 4-2-57

SPORT IN ART

A MUSEUM befitting a queen

FOR more than three quarters of a century the fashionable old club house at Saratoga Race Track, sheltered amidst its tree-shaded lawns, has seen notable personages and masters of several eras of race track history, and some of the turf's greatest horses. Across from its entrance gates stands the National Museum of Racing, a shrine to honor and perpetuate the tradition of Saratoga, which to many is the dowager queen of American running courses. Beginning this week, and for the balance of the week which runs through Aug. 31, hundreds of track buffs will cross Union Avenue and succumb to the nostalgia of racing lore.

Completed two years ago, the colonial red-brick, white-columned building serves as a permanent home for an ever-growing collection of distinguished paintings and racing memorabilia. It thrives under the presidency of Walter M. Jefforda, noted sportsman and horse owner. In the museum are housed the racing silks (right) of most of the great stables of America. In a long glass case that circles the main gallery, the colors that have been watched by thousands of eager eyes on hundreds of tracks hang shimmering in dignified profusion.

Above the silks, and in several other galleries, hang fine old and contemporary paintings of immortals among the breed of racing Thoroughbreds. Horse lovers will be moved by the impressively handsome canvas painted by F. B. Voss in 1919 of Man o' War as a 2-year-old. Only the Kossed portrait of Sun Beau, high money winner until he was toppled from his throne by Seabiscuit. Or by paintings of the roadshow at right of Citation, Hill Prince, Gallant Fox, Equipoise, War Admiral, Iroquois, Epitaph, Mahmoud, Dornino or Native Dancer—names that ring with the excitement of the winner's circle.

A painting of the first Futurity, run at the Coney Island Jockey Club in 1888 (at upper left in color page), is a glimpse of a golden era, and cases of gleaming trophies are tangible proof of the delights of winning.

This season a new wing has been opened at the museum to house the portraits of the men whom the museum honors as Patrons of the Turf. This gallery of sportsmen is a distinguished one, and the roster, beginning with George Washington, includes James B. Haggis, John Banks Campbell, William Woodward, Eliza Warfield, Leonard Jerome, Francis Morris, George D. Widener, William C. Whitney, Joseph E. Widener, Maj. Win, William H. Travers, Stephen Sanford, Barak G. Thomas, Andrew Jackson, James H. Keene, Sanders D. Bruce and J. K. G. Lawrence.



The main gallery features paintings from the 19th century, including a collection of portraits of famous people, and a large painting of a group of people in traditional dress, including a woman in a red dress and a man in a white shirt and red vest.

The museum also has a collection of historical documents, including a letter from the 18th century, and a collection of historical photographs, including a photograph of a group of people in traditional dress. The museum also has a collection of historical artifacts, including a collection of historical weapons and a collection of historical tools.



LOOK MA, I'M FLYING



PHOTOGRAPHED BY JOEY G. ZIMMERMAN

Young gymnasts soar above mountains and lakes in breathtaking defiance of the laws of gravity. Turn page to see how it is done



FLYING

continued

IT'S ALL DONE from a springy nylon platform known to all gymnasts as a trampoline. At Elk Lake, Mich., exhilarated youngsters have learned to leap, jump and fly through the air with the greatest of ease at the National Summer Palaestrum, a gymnastic camp devoted from June to August to developing physical skills among boys and girls from 8 to 18. The enrolled campers concentrate on tumbling, trampoline, free exercise, apparatus work and balancing under the direction of Charles Pond, the University of Illinois gymnastic coach with a penchant for developing fine, coordinated bodies. Pond's methods—tried out on a lesser scale each winter by 300 students in the Champaign-Urbana area—have offered many a hopeful sign for youth's health and fitness. Pond-trained pupils have passed the Kraus-Weber tests with ease. The camp accommodates 120 youths in each of four two-week periods. Pond sums up his theory of gymnastics simply: "They are at the base of every sport. They develop strength and endurance. Important, too, are the grace and ability a child learns, giving him the coordination he needs. He learns flexibility."

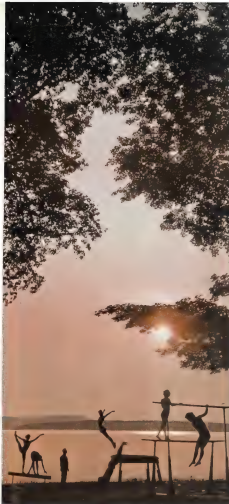
UP FOR A SEAT DROP

Airborne, Lynne Reynolds, 11, and her instructor, Carolyn Ann Gilews, take off skyward from the trampoline.

AT AFTERNOON PLAY

Silhouetted against late sun, gymnasts cavort gracefully on parallel bars and vaulting box, dive nimbly onto grass.

TURN THE PAGE FOR
MORE STATE REPORTS



STATE REPORT

continued from page 21

showed pupils to be about 30% above national level cited by Kness and President. Statewide phys. ed. requirements: two periods per week outside Wilmington, no requirements for Wilmington.

FLORIDA

This state is adding more gymnastic and apparatus work to its physical education curriculum and is giving increasing attention to physical fitness testing. Annual total expenditures by cities and counties for parks and recreation have increased from about \$4½ million in 1950 to nearly \$12 million for 1954.

Statewide phys. ed. requirements: 150-275 minutes per week, required for graduation.

GEORGIA

A Georgia Fitness Committee has been established, but whether it will achieve any tangible results can only be judged in the future. Some Georgians have opposed the fitness program because Krenshaw is behind it. Physical education authorities have big and large rejected criticisms.

Statewide phys. ed. requirements: 150 minutes per week.

IDAHO

In Coeur d'Alene, physical education has been changed from a team-type program to one with more physical conditioning. Statewide phys. ed. requirements: in high school 90 class periods of one hour each over three semesters.

ILLINOIS

A bill passed by state legislature weakens physical education program in the public schools. It voids the former state requirement of 200 minutes a week for physical education class and substitutes a requirement of a daily combination of physical education plus health instruction.

Governor William Strickland called a conference in May which resulted in a number of recommendations, most important of which proposed that governor appoint Illinois Youth Fitness Advisory Committee and that director of this committee contact each Illinois community head trying him to appoint local fitness council.

City of Rockford this summer is using tax money for new recreational facilities for the first time, as a result of a survey made three years ago by private agencies like the Y, boys' clubs, etc. LaSalle, Ill. city began keeping some gyms open at night.

Illinois is only state with organized 4-H Club fitness program. But even so, test results show that more than half of the Illinois 4-H members are below standard in aerobic and motor fitness, proving it is false to assume that boys and girls are fit just because they live on farms.

Statewide phys. ed. requirements: a daily period of combined physical education and health instruction.

INDIANA

Indianapolis has a full-time recreation director, and a summer program employing 250 to maintain pools, tennis courts and golf courses. State physical education program leaders say President's conference

had no appreciable effect on their program. Statewide phys. ed. requirements: one year's study in health and physical education required for graduation.

IOWA

Committee on fitness that resulted from President's conference still recommended program of fitness for schools. Frank Rills of University of Iowa, committee chairman, hopes to have state director of fitness named by governor. He also wants an Every Iowa Pupil test for fitness, just as there is an EIP test for reading and arithmetic. Such a test would be given at beginning of first grade and would become part of child's record through the grades. Test would include squat-thrusts, pullups, short dashes and balance tests.

Statewide phys. ed. requirements: 60 minutes per week.

KANSAS

President's conference stirred up much interest at first but there has been no activity to broaden program as yet.

Statewide phys. ed. requirements: one unit required for graduation.

KENTUCKY

Physical education director for Jefferson County public schools (Louisville) heard Dr. Hans Kraus speak and was impressed by initiated Kraus-Weber testing in the elementary schools. But in this, as in other Democratic states, there is a certain reluctance to respond to the program of a Republican President.

Statewide phys. ed. requirements: 180 minutes per week for one year.

MAINE

Quentin R. Unger, director of health and physical education in State Education Department, made a survey of 185 high schools and 15 academies and parochial schools. Of these 200 schools, he found only 77 with full programs that meet suggested minimum requirements, 39 partial programs and 124 schools with no physical education programs at all, although 40 of these have gyms and other facilities. Unger says: "Facilities help, but lack of them shouldn't prevent a school from pushing a program and doing the best with what it has."

Statewide phys. ed. requirements: none.

MARYLAND

The Maryland Department of Education issued an excellent booklet this year with recommendations to include calisthenics, tumbling, apparatus work in physical education classes.

Statewide phys. ed. requirements: none.

MASSACHUSETTS

Ralph Colson of State Department of Education says: "We have had a law on the books for three years requiring physical fitness teachers to have at least 60 hours in the subject they are teaching. Last September, largely because of the President's push behind fitness, the law finally went into effect." An estimated 200 to 300 schools have used any or combination of seven fitness tests (AAU, Olympic, etc.).

Statewide phys. ed. requirements: none.

MICHIGAN

In Pontiac, physical education classes were improved by being cut from 60 to 35 stu-

dents. City has used \$255 million to build multipurpose rooms in grade schools which can be used for physical education.

In Flint the Kraus-Weber test was given to 14,700 children, but the failure rate among schools varied so greatly that the only resulting action was a mild recommendation to devote a part of each gym period to setting-up exercises.

Statewide phys. ed. requirements: none.

MINNESOTA

There has been an increase in formal gymnastics in public schools. Joseph Neay, director of the state department of physical education, said: "We are not trying to detract from sports like baseball and basketball, but also want to include other types of exercise in our program."

Statewide phys. ed. requirements: 120 to 150 minutes per week.

MISSISSIPPI

"Physical education is getting a new respectability," says State Supervisor of Physical Education Russell Lyons, of School Health Service. Many public schools are giving Kraus-Weber tests.

Recreation leaders point out that in Mississippi more natural exercise is available in walking and working on farms.

Statewide phys. ed. requirements: daily period.

MISSOURI

No statewide action yet, but St. Louis has been unusually active and progressive for years in youth athletic programs, including Turnverein societies that anticipated the proposals by 100 years.

Statewide phys. ed. requirements: two hours per week in high school.

MONTEANA

Growing number of intramural activities and increasing emphasis on fitness of all students, not just the physically gifted. American Legion baseball program is extensive, with Babe Ruth, Little League, Little Guy Football programs expanding. Statewide phys. ed. requirements: in high schools, three hours per week for two years required for graduation.

NEBRASKA

Only state physical education requirement is that a school have "a well-rounded physical program, which means just about what the local school board wants it to," says Dr. Freeman B. Decker, State Commissioner of Education.

Statewide phys. ed. requirements: none.

NEVADA

Emphasis on fitness not necessary in Nevada, say state leaders, since many of its itself demands physical exercise. Space for physical education is no problem at all, and each high school student gets 90 to 115 minutes per day of physical education. Statewide phys. ed. requirements: 250 minutes per week.

NEW HAMPSHIRE

Department of Education abolished post of director of physical education when job became empty. Despite this, state has come out with new set of standards for physical education which go further than any previous ones.

Statewide phys. ed. requirements: none.

NEW JERSEY

State Fitness Committee is under study. Since the President's conference there has been increased talk of stepping up minimum time requirements in physical education to one period a day.

Statewide phys. ed. requirements: 150 minutes per week for combination of health and physical education.

NEW MEXICO

Newly formed Council of Youth Fitness issued state to investigate fitness. Fred Hinger, state director of health, physical education and recreation said: "This was first time in 25 years I've been in New Mexico that positive action was taken . . . that everyone worked together . . . to build up youth of our state." Council's work resulted in new recommendations for physical education, and next step will be to make program mandatory.

Statewide phys. ed. requirements: none.

NEW YORK

Southeastern zone of New York Association for Health, Physical Education and Recreation sponsored fitness contest in May in which 29 high schools in Ulster county area selected the most fit boy and girl.

Statewide phys. ed. requirements: 120 to 200 minutes per week.

NORTH CAROLINA

Dr. J. L. Farrow, health and physical education consultant to the North Carolina State Board of Health, says: "It is idle to talk about fitness programs till schools start with a physical exam of every youngster."

Statewide phys. ed. requirements: 150 to 200 minutes per week, with one unit of physical education required for graduation.

NORTH DAKOTA

Physical education and recreation leaders around the state in North Dakota is not as deplorable as elsewhere. For many years city of Bismarck has made gym available after hours for adult basketball and volleyball groups.

Statewide phys. ed. requirements: 240 minutes per week for two years of high school are required for graduation.

OHIO

Fred Landis, Ohio Physical Education Director, says: "We do not have the facilities, the staff or the money, because too many schools put all their eggs in one basket by concentrating on just major sports for a few students. . . . Schools can't do the job on fitness by themselves. Youth agencies must make their contribution."

Statewide phys. ed. requirements: two periods per week in high school with one unit required for graduation.

OKLAHOMA

One educator said he thought President's conference "hadn't been advertised very well." Jack Mcowrie, the Oklahoma City YMCA physical director has been giving Kraus-Weber test, and hopes to have tested 10,000 youngsters by end of year. Of those already tested, 55% (virtually the same as in the original report) have failed. Statewide phys. ed. requirements: 40 minutes per day for one year during high school.

OREGON

During 1955-56 school year Rogers Physical Fitness Index was given to children in 11 high schools in state, a program led by Dr. H. Harrison Clarke, research professor of physical education at University of Oregon. Three below par were given special exercises, then returned in three months. Results showed great improvement. 1955 legislature imposed requirement that physical education be taught.

Statewide phys. ed. requirements: none.

PENNSYLVANIA

State Legislature directed Joint State Government Commission to study the problems of physical fitness of Pennsylvania children and prepare remedial legislation for next session. Throughout state there are approximately 1,200 extensive recreational programs, an increase over last year of some 150 programs. Steps taken to organize Youth Fitness Council.

Statewide phys. ed. requirements: two periods a week for grades 7 through 12.

RHODE ISLAND

John Osterberg, supervisor of athletics in Providence school system, gave Kraus-Weber test in 7 of 8 junior high schools and 2 of 4 senior high schools. He says state's requirements are "antiquated." A good many teachers, he says, interpreted settings-up exercises to mean sit-up exercises, so they told pupils to practice sitting up straight.

Statewide phys. ed. requirements: 80 minutes per week, with one point required for graduation.

SOUTH CAROLINA

Considerable statewide change in physical education programs in the past year. Year ago there were 105,000 students taking physical education classes, now there are 22% more.

Statewide phys. ed. requirements: three years during high school, with no specific time allotment, but $\frac{1}{2}$ credit counting toward graduation.

SOUTH DAKOTA

Most schools lack facilities or enough students to start a program. Dr. John Van Why, head of physical education at the University of South Dakota, has been outstanding in promoting fitness. He has a weekly TV show stressing athletics and fitness and is also pushing to get physical education required in high schools, although no action has yet been taken on this. Statewide phys. ed. requirements: none.

TENNESSEE

Little to report except that in Memphis city parks more than 1,000 boys and girls from 8 to 15 took the AAU fitness test. Statewide phys. ed. requirements: one year of physical education for graduation.

TEXAS

In Dallas there are more after-school programs of athletics taking place both at schools and in parks, due to a combined effort of the school district and of the parks department. There are gyms in 96% of all elementary schools.

Statewide phys. ed. requirements: 120 to 180 minutes per week, with two credits toward graduation.

UTAH

The Utah Council on Child and Youth Fitness, appointed by Governor George Doniphan Clyde, recently held first meeting. The number of baseball diamonds for the Western Boy's Baseball League has grown considerably.

Statewide phys. ed. requirements: 180 to 280 minutes per week for two years, with graduation credit.

VERMONT

Trend toward more vigorous physical education programs for "development of the whole body" and a greater emphasis on intramural sports. Vermont is trying to correct the fact that in the past physical education programs have built strong legs but overlooked development of other parts of body, particularly arms and shoulders.

Statewide phys. ed. requirements: none.

WISCONSIN

Dr. Harold K. Jack, supervisor of physical and health education of State Education Department says: "There's no question about it: teachers, pupils, school administrators and parents are more alert to the need for fitness training. We know that our programs have been strengthened."

But Lucifred E. Shannon, Supervisor of Physical Education for Richland schools, says: "In this city, schools which are required to have a daily physical education period get only two or three periods a week, due to overcrowding and lack of facilities." Statewide phys. ed. requirements: daily period grades one through 12.

WASHINGTON

Six elementary schools, with total of 3,000 youngsters, were given Kraus-Weber test, with resulting failure of 47%. In three of six schools special programs emphasizing fitness were set up, and retest given at end of same year. Three schools with stepped-up programs, when retested, showed a failure of 17.6%. Fourth school system has set aside \$3,000,000 for additional gyms.

Statewide phys. ed. requirements: 90 to 100 minutes per week.

WEST VIRGINIA

Committee composed of secondary school principals has been working for two years on a study of physical education curricula in public schools. This fall committee will bring out a new booklet explaining physical training in lower grades, and instructor training periods will be provided for teachers to acquaint them with new methods. Statewide phys. ed. requirements: 120 minutes per week for health and physical education.

WISCONSIN

A year after Annapolis conference a special committee of Wisconsin Education Association is still studying conference report. Statewide phys. ed. requirements: 150 minutes per week.

WYOMING

Fitness problems here is not so severe because of natural recreation facilities and space. Wyoming points with pride to fact that physical disability rejection by Selective Service were lower for Wyoming than for any other state. Statewide phys. ed. requirements: none.

THE PGA COMES BACK

continued from page 25

lining up a genuine championship layout on the order of Pebble Beach or Medinah (and, while they are at it, arranging for the best possible venue for the 1959 Ryder Cup match). The association would be well advised also to consider seriously moving the PGA Championship up to some week in September, when it would serve as a fitting climax to the tournament season. (A September date would have, among other advantages, the absence of 99° temperatures and the probable presence of Dwyer, Middlecott, Bous and the other established players who have been duking the tournament.) Above all, it is high time the PGA stopped talking about turning the championship into a 12-hole stroke-play affair. (The reasoning behind

entertaining such a change is this; in match play your big names can get knocked out in the early rounds, but in stroke-play you can count on them being around on Saturday and Sunday and so draw a big gate. Granting that it never hurts to have Sam Snead, that living legend, on the premises, if you build a classic tournament and maintain its integrity, the mere fact that a player is doing brilliant things in that event automatically makes him important, whoever he is.) It has seemed to a great many of us, for a long time, that the PGA will realize it has a gold mine in a match-play form of tourney only when it stops mistaking it for a thimble. Stroke play has certain distinct charms but so does match play, and from a spectator's point of view—it hasn't really changed since Hagen's heyday—there is probably nothing more exciting in golf than to watch a head-on contest

between two top shotmakers played over a dramatic layout with true shot values. If I were a golf fan living within reach of the PGA Championship, I think I would find it hard to stay away during the early rounds when I could watch my favorite players up close and, if and when they were eliminated, it would be just as hard to miss the duels between the men who played the golf that beat them.

The only thing that really pays off in the long run is quality. A case in point is Rockefeller Center. When that group of buildings was being planned around 1930, the architects, striving to create something that would be beautiful and not just glibly commercial, had the courage to devote one block of Fifth Avenue frontage, some of the most expensive real estate in the world, to two small seven-story buildings separated by a channel some 60 feet wide leading to an interior plaza. And so what happened? By passing up the easy commercial solution, the architects produced so strikingly handsome an over-all project that office space in all the buildings around the plaza (where the skating rink is now situated) became just about as desirable and valuable as Fifth Avenue frontage.



THE HEBERT BROTHERS

and how to tell them apart

LIONEL (left), the new PGA champion, is the younger (28), the shorter (5 feet 8 inches) and the heavier (184 pounds) member of golf's outstanding brother act. (Native of Lafayette in the Evangeline country of Louisiana, where their father was a sheriff, the Heberts steadfastly adhere to the French pronunciation of the name: *shym* with Mayfair.) Lionel's victory in the PGA clinched an unspectacular but steadily progressing up the ladder: middle, high school star, college star at LSU, assistant pro (in Johnny Ball's at the Westmoreland club in Pittsburgh), pro at the Kalmuck club in Krieger an increasingly successful circuit competitor who finished well in the money in seven of the 11 tournaments preceding the PGA. He has a very sound swing and can be long off the tee. A music major at LSU and an accomplished District trumpeter, Lionel carries on the tour a horn given to him by Jimmy Dewey. He finds an occasional session on the trumpet the perfect antidote to the strain of competitive golf and is careful to occupy an end room at the resorts he stops at.

JIMMY JOSEPH JAY (right, winner of the 1957 Bing Crosby and Texas Open tournaments, is 34, a slim 6-footer, who presently represents the Mayfair Inn Country Club in Seaside, Fla., an entrying comedian of the New York Baseball Giants' management. Like his younger brother, Jay is well endowed with intelligence and hardiness and planned his career with unusual thoroughness. When he decided he wanted to become a golf pro while attending LSU, to make sure he could keep his feet on the ground he studied accounting and business administration. Several years later, when he was well established as a club professional, he completed his work for his master's degree in management, finance and investment. During World War II, Jay served for four years in the Pacific as a lieutenant in the Marines. (A leg wound received at Iwo Jima sometimes makes it hard for him to shift his weight at top velocity.) Jay turned professional in 1949 and joined the tour in earnest in 1951. He has a very graceful swing and a notably gracious disposition.

Perhaps the easiest way to convey the shape the 1957 PGA Championship took would be to chart the routes the two finalists took to get there. In the upper half of the draw, Lionel Hebert (left) began his march by defeating Max Evans 2 up, Marty Furgal 2 and 1, and Charlie Farlow 2 and 1. Continuing his forestal play, he got by Mike Souchock 2 and 1 in the fourth round and then went out in the afternoon and eliminated Claude Harmon by the same score. (At this stage of Lionel's progress, one began to remember that two winters ago at Augusta, Bob Jones, when asked which of the younger players impressed him, did not name the more celebrated comers but had instead remarked that he liked the solid way Lionel Hebert hit the ball.) In the lower Lionel met and defeated, 3 and 1, Walter Burkome who, as everyone knows, has three times gone to the final of the PGA and, as his over-all record of 28 wins and 6 defeats in this championship testifies, may have, along with his very competent game, the best temperament for match play of any present-day golfer. There was very little to choose between Burkome and Hebert, but Walter missed a few putts he might have holed, and Lionel earned a few he might have missed. Derris 2, playing the 35th, a

170-yards to a crown green, Lionel closed out the match by hitting a five-iron next to the stick.

In the lower half of the draw, Dew Finterwald, a comparatively local boy from Athens, Ohio, made his way to the semis by eliminating Ted Shinkbe (1 up), Bud Williamson (3 and 2), Joe Kirkwood Jr. (2 and 1), Sam Snead (2 and 1) and a 61-year-old tiger named Charlie Shappard (3 and 1). Dew is a very skillful technician and, perhaps, the most conservative tactician of the touring pros. He likes to play his drives down the safe side of the fairway and his approaches to the safe side of the green. Some people assert that this makes Finterwald uninteresting to watch, but there is a great deal of artistry to this young man's golf if you look for it. Dew was at his best beating Snead with three birds and the rest gone. In his other matches, somewhat reminiscent of the way Robin Roberts used to pitch when he was reeking up 20 victories or more a season, Dew played just well enough to win. In the semis, he had a harrowing 18th hole against Don Whit, an amazing young Californian who plays almost as rapidly as Ford, is simply itself on the greens and has plenty of moxie. Five down after 12 holes, young Whit holed an eight-iron for a 1 on the short 13th, won four of the next five holes to square the match, fell behind at the 34th when he hooked out-of-bounds but stayed right in there, forcing the play, and was not beaten until Finterwald set himself up for a birdie on the 35th by sticking a six-iron approach five feet from the cup.

The Hebert-Finterwald final, tight all the way, was decided on the 31st and 34th holes. Three up on the 22nd tee after tying three birdies together, Lionel lost the 22nd, the 23rd and then, after six straight halves, the last hole of his lead on the 34th, where he hit one of his few poor tee shots. But then, he immediately went out in front again on the short 31st by holing a pretty 16-foot downhill for a duce—a tremendous psychological boost. The 32nd and 33rd were halved in fashion on the 34th. Lionel moved to 2 up when Finterwald first caught the rough with his drive and then the creek before the green with his recovery. Two par on the 35th—Hebert, 2 and 1.

In the new champion a worthy champion?—so goes the married query. Well, what would be your estimate of a fellow who has the stuff to outplay, consecutively, men of the caliber of Evans, Fargo, Farlow, Seashak, Harmon, Burkemo and Finterwald? **COS**

TIP FROM THE TOP

from ARNOLD BROWNING

Guyon Golf and Country Club, Huntington, W. Va.



To putt well you have to consider the slope of the green and any undulations that will affect the roll of your ball. You can get a general view of the slope of the green, as you walk toward it, by studying it in relation to the surrounding topography. This is an especially important thing to do on courses located on hilly terrain or near the ocean, since the surroundings on mountain or seaside layouts can mislead your sense of contour and even your sense of balance.

The best place from which to determine the rolls you must play and your consequent line to the cup is behind the ball, as you aim toward the cup. On downhill putts, however, some people use the line better if they sight from behind the cup back to the ball. You should keep in mind that a slow, heavy green will not give you the same degree of fall—or break of a roll—that the same slope would produce if the grass were short and the surface slick. A wet green, of course, will reduce the amount of fall you will get.

All this may seem like making work out of play and involving too much time. Actually it can be a fast routine—particularly if you do some of your "green reading" unobtrusively while your partners are getting ready to putt. It will naturally improve your scoring, for, no matter how good your putting stroke, you must know something about the surface your ball will roll over if it is to find the cup.



NEXT WEEK: ANOTHER ON PUTTING WITH THE GUY

CASE HISTORY

Subject: JOEY J.

Occupation: BASEBALL PLAYER

Reporting Physician: HOWARD L. RATZANDER, PSYCHOANALYST

THE PATIENT is a professional athlete who earns his living in the national sport, called baseball. He is physically sound and shows few signs of the discomfort of which he complains except for a nervous habit of plucking at the waistband of his trousers, even when they do not seem to be falling down, a behaviorism that might have significance. He seems to be suffering from a sense of inadequacy and a feeling of rejection by society. He tells me that he has recently found himself unable to cope with the ordinary demands of his work, at which he previously was quite proficient. One gathers that his present emotional discomfort shows mainly from a feeling that he has missed the displeasure of his playing mates.

He describes himself as a "pitcher" (with the implication in his tone that he has gone too often "to the wall"). Although he shows no outward signs of psychosis, he speaks of frequently losing control and of being hit often, apparently by the playing mates whose displeasure he has aroused. (It is interesting to note that he makes no connection in his own mind between his own loss of control and the punishment that results.) He also speaks of being "knocked out of the box regu-

larly," the box presumably being the structure in which the game is played. If so, this could account for his sense of rejection.

From this first interview it is immediately apparent that I will have to do as I did in the case of the girl from Nyíregyháza, when I spent a day *louise*; the movements involved in candleing eggs in order to help her overcome her infantile hostilities (Case of Giza T., age 17). I shall learn baseball. As a prospective American citizen, newly arrived from Budapest, I must learn all I can about the mores and pleasures of this new society. I shall keep careful notes for my Journal and for my colleagues in Vienna, Budapest and Berlin.

Notes on baseball

Tonight I have attended my first baseball game. It is played in an amphitheater called the Polo Grounds, although there is no indication that the

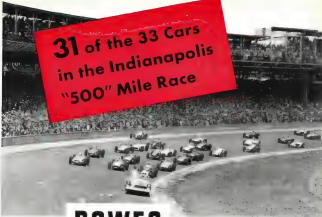
field is used for this sport. I would know, because I have seen polo on the American screen. Nor was there any sign of anything resembling a box. I shall have to ask Joey J. what he meant by that expression.

The game had many aspects of interest from a psychoanalyst's point of view. It centers around a father figure, who stands on a raised mound of earth. All around him is lush, green grass. Only the earth on which the father walks is bare. (Is this merely the burial place of his ancestors or only a symbolic burial ground? I will have to ask Joey J.)

From this eminence the father figure looks about him in lordly fashion at his minions, who are divided into an inner circle and an outer circle. His glance seems to have in it an element of reproach that makes his minions, particularly those of the inner circle who should be the more secure, extremely nervous. They shift about from foot to foot under his gaze, pound their fists in a gesture of despair into ill-fitting leather gloves they wear on one hand, or pluck nervously at their belts in the manner I have previously noted in Joey J. Perhaps there is a ritual of beating with the belts which would account for this gesture. continued

"HIDE HUNTON" RATZANDER

Howard L. Ratzander actually is a writer for the *Sunday Supplement* of *The New York Times*. A major and former league baseball player of long and varied standing, he is an ardent amateur psychoanalyst with positively no professional training.



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CASE HISTORY

continued

There are four men in the inner circle around the father figure. Three serve as guardians of one of the tallmans of the sport, soft white pillows (marriage-bed symbols, perhaps) fixed to the ground at approximately regular intervals, forming with the hearthstone (see below) an approximate diamond.

The pillows seem to confer an immaturity on those close to them. The men of the inner circle frequently touch the pillow they guard with a toe and stride a short distance away. Reluctance is evident in their departure in the many backward longing looks they cast toward this tallman. The fourth member of the inner circle seems to be a neophyte who has not yet reached sufficient stature (age, experience) to become guardian of a pillow.

The outer circle consists of three men. Far from the center attraction (the father figure), they are probably serving an apprenticeship that will lead them ultimately into the inner circle. (Perhaps the fourth member of the inner circle is a recent initiate from the group outside.) The apprenticeship of the outer circle is an ordeal quite possibly capable of causing the kind of emotional discomfort from which Joey J. suffers. It seems to be a lonely life, and the performance of these men is watched closely and critically by the crowd. From the description Joey J. gave of his role, I am inclined to believe, however, that he is a member of the inner circle, perhaps the father figure himself, although I gather that he has been deposed from his role—"benched," he called it.

The father figure is emulated by the principal tallman (or *tekin*) of the game. This is a sphere which he carries lovingly, raising it toward his lips cradled in a soft leather glove, rubbing it with great tenderness against his thigh. Obviously this is the female symbol. He has one other tallman whose significance is somewhat obscure. This is what seems to be a small white sack that lies on the bare earth behind him. From time to time he reaches down, lifts it from the earth with his bare hand and quickly drops it as though there was something repulsive about the feel of it.

During the course of the evening four father figures performed. Each carried out the movements of an important ritual dance, no doubt a love dance, centering on the female symbol. These were variations which prob-

ably reflect differences in cultural (or tribal) backgrounds, but the essential movements were retained by each. I made close observation of this dance and took careful notes, which follow:

The father figure receives the sphere from a figure in a cage (of whom more later). He holds the sphere in his gloved hand, either raised against his breast or close to his thigh. Then he turns and casts a piercing glance at the first baseman (the epithet here is part of the jargon of the sport). This creature obviously is unsure of his status, for he cringes, bowing from the waist with his hands on his knees in an abject attitude of supplication. Having exacted this obeisance, the father figure similarly turns his gaze toward the second baseman and third baseman, not neglecting the neophyte (called "short-stop," a reference probably to the transitory nature of his stay in that role), who gives identical response.

Then father figure turns his gaze toward the figure in the cage. This character is somewhat confusing in its identity. From the padding worn across breast, stomach and legs one has the impression it characterizes (or caricatures) femininity, or the mother figure. But over the face is worn a screen of heavy metal, like the bars of a cage, suggesting that if this is a female representation it is a barren figure. She wears her little cap backward (a sign in some cultures of mourning).

Behind the caged woman stands a man in another black. He wears a similar cage over his head, and padding, but only on the chest and concealed by his black coat. He is a complex personality, guardian of the caged woman, protector of the hearth and keeper of the spheres. His tallman is a small broom with which he periodically dusts

off the hearth symbol, a flat white stone called "home." In doing so, he avoids turning his back to the caged woman, but bends over with his buttocks toward the father figure in an odd gesture of contempt.

Toward the hearthstone now comes the hero, a member of the opposing *tekin*. He makes an impressive figure, wearing a shiny helmet that distinguishes him from his fellows. He strides forward and chooses his weapon, the hat of the tallmans of the game—a long, tapering article of wood thickening from a slender hand grip at one end to a club at the other—from a number lying in a rack. Occasionally a hero selected two of these symbols and swung them about ferociously, as though boasting of his prowess. But this was just for show. In all cases they approached the hearthstone with only one.

A few feet from the hearth the hero does his dance. This also had variety, as among heroes, but all followed this pattern: Hero approaches, swinging his wooden club with both hands. Nearing the hearth he stops, looks back over his shoulder to his playing mates, who are encouraging him with small cries. Then he does a quick shuffle toward the hearthstone, dancing forward with one foot, then the other. As he moves each foot he taps it with his weapon, obviously a charm favoring fleetness of foot.

At the hearth

Now he is at the hearth. He faces it, his profile to the father figure. He ignores the figure in the cage and its guardian. He rests his club on one shoulder, swings it back and forth, drops the end to the hearth, then raises it again. Now he sets his feet wide, flexes his knees and turns a defiant gaze toward the father figure. Behind him the caged figure squats. On one hand she wears a huge, pillowy glove. She pounds its center with her small fist, forming an indentation. Then she raises her hand, gloved palm outward toward the father figure, awaiting the blow. Behind her the guardian leans forward, hands clasped behind his back, the anguished parent behind the door of the bridal room.

Now attention focuses on the father figure. Languidly he stretches his arms forward in a long, lazy movement. He glances once to his left, and first baseman tenses slightly. He turns then toward the hero, who is momentarily waving his weapon. He drops his arms, studies the adversary, advances one foot, sphere cradled in his soft glove.



He hitches at his trousers, rubs the sphere against his thigh, and wags his head as in a catatonic trance. Then he stretches his arms wide, and from that position begins a circling movement, with his free arms holding the sphere in his bare hand. In an intricate striding motion he lunges forward and releases the sphere with a shocking suddenness in the direction of the waiting glove. The hero figure tries to fend it off, swinging his club wildly. He misses. The sphere strikes the waiting glove with a resounding thump. "Strike," the guardian calls, raising his right hand. The first effort has succeeded. Twice more this is repeated. With the third "strike," the guardian motions the hero disdainfully away. The hero hurls his club violently to the ground. It has failed him. Then he slumps disconsolately back to what is known as the "dugout." Here he seeks refuge deep in its inner recesses, shielded from harm as in the womb.

Another hero takes his place. He goes through much the same ritual, except that the second time the sphere approaches, his club sends it flying high into the air toward the middle ground of the outer circle. The minion there tries to capture it in flight. For a moment it seems he has succeeded, but it falls through his fingers to the ground. There is a confusing roar from the crowd, cries of "go, go, go" (into business!). The hero runs nimbly to the first white pillow, touches it with a foot in passing and hurries to the next. Approaching it, he hurls himself headlong, stretching his hand to the pillow. The man with the sphere meanwhile has retrieved it and thrown it to the guardian of the second pillow. There is apparently some significance here as to whether the hero or the sphere reaches the pillow first; the sphere apparently nullifying whatever immunity the pillow confers on those who touch it.

The purpose of these maneuvers now began to be perfectly plain. The hero figures must, if they are able, prevent the sphere from passing beyond the hearstone into the soft glove of the caged figure. Should they succeed in doing so, they must round the diamond-shaped area, reaching each pillow in passing. Their objective is the hearth, but to regain it they may not cross the burial ground; this terrain is sacred to the father figure. Each time a hero figure accomplishes this, his *kyōka* is credited with a "run." If one of the opposing *kyōka* drops the sphere or throws it inaccurately he is guilty of error. I continued



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CASE HISTORY

(continued)

must ask Joey if, whether there is a ritual of absolution for such error or whether the offender must carry his guilt for all time. The team that scores the most runs is the victor. Some of these facts I gleaned from a handbook on the sport, sold at the Polo Grounds, which, unfortunately ignores all the obviously psychological and anthropological factors of the game.)

The personality shift

An interesting aspect of baseball is that at regular intervals called "in-rings," which are marked in a confusing fashion by "outings," the two teams exchange positions and personalities. The heroes slough off that role and adopt the status of their opponents: father figure, woman caught, inner-circle outer circle. And in doing so they assume all the psychological attitudes of those roles, losing in the very act of exchanging positions the psychological positions they have taken for granted. The confusion is equally true. Even the loudest member of the outer circle, the mascot, once he may be looked down upon by his colleagues, assumes the swaggering, masterful air that goes with the hero role. Once he is called upon to appear, he is treated, with the hero's weapons, to the crowd.

Here I think I may have hit upon one of the roots of Joey J.'s trouble. It is a well-known fact that such a violent shift in personality as associated in meeting the daily requirements of life can lead to a complete loss of identity. After a time a participant in this sport must inevitably become confused as to whether he is a hero or a minion, a father figure or a woman caught, a confusion that could lead to a variety of complications in his life away from the sporting field.

The crowd, too, seemed to suffer from a certain confusion. At one moment it would cheer a hero figure and harass the father figure, at another moment it was cheering the father and harassing the hero. The hero, under this harassment, has a sole recourse. He may not go among the crowd, lying about him with his weapons, but he may drive the sphere into the crowd, in that way seeking his revenge.

Tomorrow Joey J. is coming for another interview. I have many questions to ask him. I look forward to his astonishment when he sees how complex is my grasp of his way of life and my understanding of the finer nuances of baseball.

(19 of 2)



THE QUESTION: Will Los Angeles support the Brooklyn Dodgers, win or lose? (Asked in Los Angeles)



JACK SHEPARD
Assistant general
manager,
Brooklyn Dodgers

As a recent catcher for the Pittsburgh Pirates, I think it will be a big promotional job keeping people coming to the park. Los Angeles

is large enough to support the Dodgers and it will, at first. The one big drawback to our people are accustomed to baseball, but not even used radio living.



DICK POWELL
Actor, actor
and producer

I think we will. Los Angeles is a first-class city. We have been waiting for big league baseball. Inevitably, my son will probably

drag me to every game. Although I like all sports, baseball drives me crazy about baseball. I think the interest of the kids in this nation is going to be a great fanbase.



BILL WILLIAMS
Boxing promoter
of champions

Los Angeles would be kind to a winner, but would not support a loser. But the game holds in any city. Look at the interest the P

irates have lost. In a solid baseball town. But with closed street TV on the Coast, the Dodgers would make money even if they were in the second division.



LESLIE A. GABE
Dodgers and
Salem manager

No. There isn't enough interest in big league baseball in this town. Millions of people live here, but the city management is a fact

that, basically, it is still a small town in disposition. I constantly talk about big league baseball to people out here and the usual response is, "What? We have it?"



LEO MCCABEY
Society club
house director

A winner, yes. No one lives a loser in sports for any length of time. If the Dodgers come here, they should develop younger players

so we can adapt them to our home. It is difficult to pick a man of 40, adapt him to your here and say: "That's my boy Carmichael."



SAM HOWARD
President
Track body builder

Yes, I do think so, even though there seems to be a big difference of opinion out here, due to the poor support given local

teams. These teams play good ball, too. A lot depends on location. Charred Racine is not the best spot. Traffic is too congested on the Pasadena Freeway.



BOB ALTMAN
Act, director
film producer
Movie director, writer

If the Dodgers give us a Kansas City Athletics or a Baltimore Orioles-type club that hasn't a chance for the moment, we won't

support them. But if they are a good, fighting club, yes. Los Angeles will support a fighter who has a chance, but not a chronic second-division ball club.



CAPT. L. K. WELCH
Airframe, Calif.
FBI, pilot

I don't think so; certainly not a losing team. A very successful team facilities to support a big league club. Los Angeles

doesn't have it. The Dodgers will show on Saturdays and Sundays, but that's not enough. During the week the Angels are lucky to average 1,500 at their games.



MONTY GOULD
Box, boxer
Movie director, writer

Certainly they will. I live in a very enthusiastic baseball town, San Diego. Los Angeles is no different and about every man

as large. As a writer, we are among the most sport-minded in the United States. Give us any kind of a sport and we will patronize it.



HENRY ERWIN
Hollywood
Movie writer, producer

Yes. Los Angeles is made in order for the Dodgers because there is nothing to do at night. It's a great sports town and the

fans would fill the stands at night. It is exactly what is needed to give Los Angeles a sense of identity and get over its inferiority complex toward San Francisco.

BASEBALL: THE HATES YANKERS

Sir :

As a charter subscriber I have read and enjoyed your candidly opinion articles from the beginning. Your article on the Yankees in the July 23rd issue is among the best.

Whether or not Mr. Terrell is a Yankee fan is unimportant. He displayed his talent for presenting a logical, factual answer to the many questions people have had about the Yankees for years.

I have known three answers for some time, since I made it my business to know all about the Yankees. It was a pleasure to find someone like Mr. Terrell who organized his material and presented it clearly.

The Yankees are among the most hated in baseball today because they are efficient. Those who aren't able to be efficient themselves hate to see it in others. The Yankees offer an example for the rest of the league to follow. Many are beginning to follow, little by little.

BILL WICKERSON

The Bronx, N.Y.

■ Ray Terrell, who neither hates nor loves the Yankees but tries to give them the an opposing batter, admits that it is sometimes difficult not to be impressed. "It would be nice, though," he admits, "to see a World Series played some place else." At the moment Mr. Terrell is not taking any bets.—ED.

BASEBALL: POOR SPORTSMANSHIP

Sir:

In their desire to win, do Yankee brass ever think that seven-eighths of all American League fans desire and has to be a winner? For a group of men who have literally everything—prestige, affluence, money—the Yankee management in the poorest example of sportsmanship ever feined onto a league offering American public.

My suggestion is to *illustrate* take a poll, and the Yankees will soon find out how much the baseball fan wants another team as a winner. "Break up the Yanks!" should become the cry and cry of every sportswriter across the land.

CHARLES J. SCHWARTZ, M.D.
Amesbury, Mass.

■ So far, readers' response is 3 to 1 for the Yankees.—ED.

BASEBALL: ROCKNES OF THE YANKERS

Sir:

The article entitled "Yankers Rock" notwithstanding, reading about my favorite ball club, but needs correction, the younger generation might think that the Yankee dynasty was started by George Steinbrenner, who is referred to as "the man that Webb and Tappan have hired." The reference, of course, is true, but it fails to present the picture in its proper perspective. Webb was originally brought into the Yankee organization in 1901 by the greatest team owner man in the history of baseball—Edward Costen Barron. Fred Erickson, "the late famed Yankee chief scout" who is quoted in the article, was hired by the name Mr. Barron in 1920, when Barron was the general manager of the Red Sox. Erickson

came to the Yanks along with Barron. It was Barron who hired Marv Joe McCarthy, whose record needs no review.

Perhaps one should get back on constitutional steps and doff one's cap to Colonel Jacob Ruppert, who was the man who first demanded of the Yankees the same high standards which they have maintained to this day. "Break up the Yanks!" was a way of life with the rest of the American League and a goodly portion of the National League almost 20 years before Webb and Tappan labored the organization.

I realize that your article was not intended to be a history of the Yankers, but any attempt to describe the *esprit de corps* of the ball club without at least a passing reference to Ruppert, Barron or even Huggins and McCarthy is like trying to describe the spirit of Notre Dame football without mentioning Knute Rockne.

W. J. DREY

Houston, Texas

THE "MAN" AND THE PRINCE

Sir:

Has anyone noticed the resemblance between the Prince of St. Louis (Stan Musial, page 44, SE, July 18) and the Duke of Edinburgh (Philip, page 10)?

JENNIFER D. JENSEN

Upper Darby, Pa.



LOOK ALIKE: PRINCE STAN AND PHILIP

ROWING: CRIMSON-FACED ARE WE

Sir:

The statement has been made in Sports Illustrated: *Rowing Rules By Alfie Cohen*. Last July 13, and in some of the times, papers that the Cornell-Yale Regatta in the Grand Challenge Cup at Henley was the first all-American final in that historic race.

Such is not the case. In 1914, the Harvard junior varsity crew and defeated the Union Boat Club of Boston in the Grand Challenge Reg.

Wagdy El-Harawi and the *Argos* returned of the victory? In those days a crew coached by a professional was ineligible at Henley. Harvard's victory was coached by Dave Wray, who was the proprietor, tennis-lavender coached by Robert F. Hewitt, an amateur, made the trip to England.

WILLIAM H. NORMAN

Allamore, Ohio

■ Lately, we Lovey not. Not only was the 1914 Challenge Cup final an all-American boat but it was also an all-Harvard affair. As they read the listing of the crews listed below, all Harvard men will please rise and join Sports Illustrated in a spirited chorus of

"With crimson in triumph flashing,
'Mid the strains of victory. . ."

Harvard Junior Varsity, 1914: Bow, Leverett Safford; 14: 2, James Talbot; 18: 3, Henry H. Mayer; 19: 4, Henry S. Middendorf; 19: 5, John W. Middendorf; 19: 6, David P. Morgan; 19: 7, Louis Curtis; 19: 8, stroke, Charles C. Lund; 19: coxswain, Henry L. P. Kenner; 19.

Union Boat Club: Bow, Gordon H. Balch; 12: 2, Nixon Parley; 17: 3, Herbert H. Tappan; 17: 4, Sullivan A. Sargent; 18: 5, James E. Ward; 19: 6, Lottrop Wickington; 19: 7, Paul Wickington; 19: 8, stroke, Roger W. Cutler; 19: coxswain, Charles T. Allen; 19.—ED.

MOTOR SPORTS: UNFILLED PROMISES

Sir:

IF SPORTS ILLUSTRATED would allow Reginald's 1 page equal coverage regarding Monza's auto race as was allowed *Sports* 13 pages regarding the "Art of Switching a Horse Whip from Right Hand to Left Hand" (81, July 8), then Reginald would have been able to tell Sports ILLUSTRATED the full truth about the race. He would have been able to inform your readers the following concerning this "race of the century":

1) The Monza track is a course 6.2 miles in length, built primarily for Grand Prix racing for sports cars (right turns, left turns, uphill and downhill).

2) Conceived within, and as a part of the Monza circuit, is a 2.5 mile oval used for high speed record runs.

3) European racing is in a clockwise direction.

In order to provide an interesting race, the European drivers were asked to make the following concessions:

1) Eliminate the road racing aspects and use only the high speed 2.5 mile oval, since Americans did not have Grand Prix type cars.

2) Run counter-clockwise in this oval, rather than the customary clockwise direction, because the Indianapolis cars' suspension and engine mountings are designed as such.

3) Allow entry of the Indy type cars, which average approximately 400 to 500 cubic inches each in engine capacity (that the Grand Prix cars.

Naturally the top European drivers looked together in 1971 and realized they were risking their lives if they were to attempt to catch the obviously faster Indy cars. They, therefore, boycotted the race and were, of course, not back until retirement when the race was completed without a single accident or blamout. Roughness of the track knocked out seven of 30 American entries, and the D Jags finished fourth, fifth and sixth.

The race proved to be fast fun: the D Jags will go down in automotive history as one of the finest, most indubitable sports cars ever built. The three D Jags at Monza had finished first, second and third at the preceding 24-hour Le Mans race only seven days previous. On the same day (June 23), D Jags finished first, second

and fourth at Effhart Lake, Wisconsin Road America. Please remember that the Monza Jaguars, as sports cars, were cutting-edge, in comparison to the lady cars, two seats, generator, starter, road course suspension, extensive braking system, full lighting and ignition systems.

To make a more realistic comparison, the sports car versus lady truck race on an oval circuit is similar to a polo pony versus a Thoroughbred at the Arlington Classic. It's a farre-before-the-green flag is dropped.

For any future auto racing articles, allow the writer time and space for a formal report and eliminate the slanted articles. There are thousands of enthusiasts, such as myself, who are only too happy to defend the criticism aimed at sports cars.

P. D. COLOMAN

Chicago

Keenly interested in the Monza "100" since it was conceived, SPORTS ILLUSTRATED reported the basic plan, favoring American cars, 19 months ago (Dec. 12, 1955). Granted that the Europeans would have had to build special cars to be competitive with the Americans; the organizers led the public to believe this would be done. It was not (thereby diminishing the race's new value substantially), and the European manufacturers were nearly taken off the hook by the drivers who formed a union and boycotted the race. Publicly, the drivers called Monza dangerous; privately, they said European cars were not ready (E & D, June 24), and were bitterly resentful that their usual appearance money would not be forthcoming. As a result Monza was a walkover for Jim Bryan & Co.—ED.

ANCHORS: OLD HAND'S APPROVAL

Sir:

I want you to know how very much I have been impressed with the fine series of articles in SPORTS ILLUSTRATED by Eddie Arnold and Whitney Tower.

This type of publicity is wonderful for racing and must be tremendously interesting to turf fans who, until this time, never appreciated the problems involved in the art of becoming a good jockey.

The articles have been just beautifully illustrated and most informative. Even those of us who have been concerned with racing for some time can learn a great deal by reading them.

Congratulations on a job done to perfection.

JAMES D. STEWART
Vice-president and General Manager
Hollywood Turf Club

Inglewood, Calif.

ADVENTURE: FEMINE HEARTBEATS

Sir:

Spending *Start* for a Marriage (25, July 22): What a terrific way to start a life together! I was intrigued, yet awed that these breathes yet a man who desires adventure with a lovely bride beside him. . . . Congratulations!

SONYA B. HOWARD

Silver Springs, Md.



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PAT ON THE BACK



GIL HODGES

SOME YEARS AGO Leo Durocher relegated gentlemanliness in baseball to limbo when he snarled, "Nice guys finish last." But ex-Manager Durocher must have turned over in his Beverly Hills pool last week when he read the stories coming out of Brooklyn. There, in the park where Lipsey first preached his gospel, the fans gave a night for the 33-year-old gentleman who plays first base for the Dodgers—a nice guy named Gil Hodges.

By his own admission, 6-foot-1, 200-pound Hodges has never had a fight in his baseball life. In fact he has gained a reputation—particularly this season—as a muscular peacemaker. "Gil's right in the middle," says Manager Walter Alton, "pullin' 'em apart." And Hodges not only holds back fighters, he picks up the fallen. He is no "cheerleader," but calls to his teammates only occasionally in a dry and steady voice. Neither is Hodges, who comes from the coal mines of Princeton, Ind., an umpire baiter.

Of course, 28,440 fans didn't turn out just because Hodges is courteous to umpires and opponents. He also fields his position better than any other first baseman in baseball, he is currently batting over .300 in his 11th season with the Dodgers and the day before his own "night" he overcame a four-run deficit against the St. Louis Cardinals by hitting a ninth-inning grand-slam home run. This was the 12th time in his career that Hodges has so reacted with the bases loaded, which ties a National League record.

The remarkable thing about the between-games ceremonies at Ebbets Field was the fact that his admirers' abundant generosity—which included, among at least 60 items, a Dodge convertible, two weeks at Walcott and a lifetime supply of dill pickles—stemmed from genuine affection, the sort of warmth that comes only to nice, lovable guys. Without knowing him except as he performs at his occupation, the fans recognize Hodges instantly as one of them. And so do his teammates, who know him better.

Proud witnesses to Gil's night of glory were his parents and sister, his wife Joan, his brother Bob (who had never seen him playing his league ball before) and his children, Gil Jr., Irene and Baby Cynthia.



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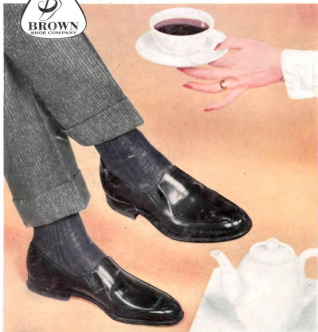
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P.S.—For the free Waring recipe booklet, the whole story of you and your Waring Ice Jet, write: Dept. S, WARING PRODUCTS CORPORATION, 25 W. 43rd St., New York City 36, Sales of Dynamics Corp. of Amer.





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